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August 2011  
AED 15



# GoodFood

MIDDLE EAST

## After sunset

- Traditional Iftar dishes
- Cooking with pomegranates
- Suzanne Husseini's Ramadan



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Tel: 4455400, Fax: 4461852.

**Publisher**  
Dominic De Sousa

**Chief Operations Officer**  
Nadeem Hood

**Sales Director**  
Lindsay Moulin  
lindsay@cpidubai.com

**Sales Manager**  
Carol Owen  
carol@cpidubai.com

**Editor**  
Lauren Hills

**Designer**  
Odilaine Salalac Mejorada

**Marketing & Communications**  
Marizel Salvador

**Distribution Manager**  
Rochelle Almeida

**Photographer**  
Cris Mejorada

**Web Developer**  
Louie Alma

**Contributors**  
Dave Reeder, Suzanne Husseini,  
Liesa Euton, Mike Harrison, Carole  
Holditch and Nausheen Noor

**Subscriptions**  
subscribe@bbcgoodfoodme.com

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#### UK TEAM

**Editor**  
Gillian Carter

**Creative Director Food Group**  
Elizabeth Galbraith

**Publishing Director**  
Alfie Lewis

**Managing Director**  
Peter Phippen

**Head of International Development**  
James Hewes (james.hewes@bbc.com)

**International Partners Manager**  
Linda Ligos

**WIN** a rejuvenating  
getaway weekend package  
at Fairmont Bab Al Bahr!

Details on page 4



## EDITOR'S NOTE



## After sunset

With the holy month of Ramadan upon us this month, it is an exciting time to sample and cook authentic Middle Eastern dishes. While we have all enjoyed the standard mezzeh dishes, the grilled meat mains and the sweet, crunchy desserts, there is so much more to Arabian cooking.

In this issue we hope to showcase this diversity, as well as the myriad of influences that exist throughout Middle Eastern cooking. We explore some of the ingredients that make food from this region so distinctive and local chefs and foodies share their favourite traditional recipes with us. From Jordanian mansaf to Moroccan lamb and prune tagine, to slow-cooked Persian dishes, we have a fantastic selection of Middle Eastern fare.

Don't miss the feature on page 18 where regular columnist Suzanne Husseini shares her personal experiences of Ramadan and presents some of her favourite Middle Eastern recipes to enjoy during this time. Our beautiful grilled aubergine cover star, dotted with jewels of pomegranate seeds is one of Suzanne's recipes. For me, this dish truly brings together the essence of Middle Eastern cuisine: simple, diverse ingredients, full of fresh, inspiring flavours.

The whole team at *BBC Good Food ME* is proud to say that this is our biggest issue yet. We hope you enjoy the mosaic of different recipes, foodie news, information and the chef interviews. We have some fabulous competitions running this month too, so be sure to enter in.

Ramadan Kareem!

Relax, enjoy and savour *BBC Good Food ME*,

Lauren Hills, Editor  
lauren@cpidubai.com



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### Our recipe descriptions

**V** Suitable for vegetarians

**F** You can freeze it

**N** Not suitable for freezing

**P** Contains pork

**A** Contains alcohol

**SH** Superhealthy Low in saturated fat, 5g or less per portion; low in salt, 1.5g or less; and at least one of the following: provides one-third or more of your daily requirement of fibre, iron, calcium, folic acid and/or vitamin C or counts as one or two portions of your recommended 5-a-day fruit and vegetables.

**LF** Low fat 12g or less per portion.

**GF** Good for you Low in saturated fat, low in salt

**HH** Heart healthy Low in saturated fat, with 5g or less, and low in salt, with 1.5g or less, and high in omega-3 fatty acids.

### TAKE CARE!

Some recipes contain pork & alcohol. These are clearly marked and are for non-Muslims only. Look for this symbol:

- contains pork **P**
- contains alcohol **A**

# Crazy for competitions

Win luxury hotel stays, gourmet dinners, foodie hampers and more...



**WIN Culin'or blender** - Stylish black and stainless steel blender with grinder attachment, two speed plus pulse function, serrated blades, 1.3l glass jar with ice crusher and safety lock.



**WIN a Philips Air Fryer worth AED 999**  
Enjoy all your family favourites without feeling guilty. The Philips Air Fryer cooks food quickly, using little-to-no oil, so you can eat chips, chicken nuggets, falafel and many other dishes knowing that it isn't laden with unwanted fat.



**WIN Culin'or meat grinder** - Sleek black and stainless steel finish meat grinder with three cutting blades and sausage and kibbeh maker.



**WIN weekly Iftar dinners from Kempinski Mall of the Emirates!**  
For the month of Ramadan, you and a friend stand a chance to win your place at the sumptuous Iftar at Sezzam, Kempinski Mall of the Emirates. Two double vouchers are up for grabs each week, so be sure to sign up to our Food Club online to receive the weekly newsletter with all the details!



**WIN dinner for two at Anar, Emirates Palace Abu Dhabi!**  
Located at Emirates Palace, Anar is a unique Persian restaurant featuring both traditional and contemporary Persian cuisine in a refined, relaxed environment. Offering an array of dishes from kebabs to slow-cooked stews and other delicious creations, the restaurant boasts breathtaking views of the bay of Abu Dhabi.



**WIN an overnight stay for two at Shangri-la Dubai, including dinner at Marrakech!**  
A combination of traditional luxury and modern functionality, Shangri-la Hotel Dubai is perfect for an urban retreat. Marrakech restaurant is set in the beautiful surroundings of a traditional Moroccan courtyard garden, and serves authentic tagines, as well as other aromatic dishes from the Levant.



**WIN an overnight stay at The Majestic Hotel for two, including dinner at Elia Greek Restaurant!**  
Majestic Hotel Tower is a centrally located deluxe four-star hotel with views of Burj Khalifa and Dubai's ever-changing skyline. Enjoy the convenience of the central location, signature dining at the acclaimed Elia restaurant and a relaxing hotel stay.



**WIN Dinner for two at Imperium, Zabeel Saray**  
International cuisine with a French twist, you will be dining in style at Imperium, the hotel's all day dining restaurant. With cream and gold wallpaper, elegant crystal chandeliers and gilded columns, you can dine in opulent style.



**WIN a rejuvenating 36-hour weekend package at Fairmont Bab Al Bahr!**  
The package includes one night stay for two in a luxurious room, brunch at Elements and a delicious breakfast and poolside lunch the following day.

**To stand a chance to win these prizes visit our competitions page on [www.bbcgoodfoodme.com](http://www.bbcgoodfoodme.com) and fill out the forms; it is so easy to do!**



*Ramadan  
Kareem*



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# Ask us!

Battling to get your scones to rise or your roast leg of lamb succulent and juicy? Let our resident culinary whiz answer all your queries. Enjoy week two of our baking special

*I* think it's pretty safe to say that we've all had our share of baking issues and run into unfamiliar ingredients or problems that have left us scratching our heads. I hope that these answers serve as a remedy of sorts to some issues that you may have been facing when baking.

Throughout the course of reading comments on recipes, and responding to emails and Facebook questions about specific baking techniques, I have found that there are some common questions and problems that tend to pop up quite frequently. Here are some of my answers and tips to help you have the most successful baking experience possible. Enjoy!

## **Could you explain the different types of flours: all-purpose, bread, cake, etc. How can I substitute them successfully?**

The short answer is that they differ primarily based on protein content, which effects the final texture of the baked good you are making. All-purpose flour has 10 to 12 percent protein. Cake flour has 6 to 8 percent protein. If you don't have cake flour, you can substitute  $\frac{3}{4}$  cup sifted all-purpose flour plus 2 tablespoons corn starch. Bread flour has 12 to 14 percent protein; the high protein content causes the bread to rise and gives it shape and structure. Some recipes (bagels, for example) call for high-gluten flour, which has an even higher protein content than bread flour and gives baked goods like bagels its characteristic chewy texture.

## **A recipe calls for buttermilk, but I can't seem to find it in the UAE very often. Can I make my own?**

Yes! To make buttermilk, place 1 tablespoon of white vinegar or lemon juice in a liquid measuring cup. Add enough milk to bring the liquid up to the 1-cup line. Let it stand for 5 minutes, and then use as much as the recipe calls for.

## **Why do my cookies always turn out flat?**

There are a few things that can cause this. A few of the most common reasons are: The butter is too warm when you add it to the batter; try refrigerating the dough for 30 minutes before baking. The baking powder or baking soda is old. The oven temperature may be off (I recommend an oven thermometer). There may be too much extra butter or shortening from greasing a baking sheet; instead of greasing, use parchment paper.



## **Can I use a Pyrex bowl as a double boiler?**

### **Or can I use the microwave when a recipe calls for melting ingredients in a double boiler?**

I have a set of nested glass bowls and have used them as a double boiler top with no problem, however, I did shatter a glass bowl of my mom's using it as a double boiler. Since then, I don't use my glass bowls. If you don't have any stainless steel bowls, I would do your melting in the microwave. If you are melting chocolate, microwave on 50 percent power for 1 minute and then stir. Repeat in 30 second increments until the chocolate is completely melted.

## **Why does my cake cave in the middle after it's baked?**

This could be caused by a couple of different factors. The first thing to check is your oven temperature. I am a big advocate of using an oven thermometer to make sure that your oven is at the correct temperature. The wrong temperature can cause the cake to rise too far and collapse on itself. The second thing is to ensure that the cake is cooked through by using a skewer or thin knife inserted in the centre and seeing that it comes out clean. If the cake is undercooked in the middle, it will cave in.

## **Can I substitute oil for butter in a recipe? If so, how much should I use?**

I would always recommend using whatever type of fat is called for in a given recipe, because they each have different properties, and butter especially lends a great flavour. Using a liquid oil in place of butter will also affect the final texture of the baked good.



Celebrate the spirit of Ramadan and enjoy special time together at the most contemporary Arabesque ambience. Savour Iftar and Sohour emporium-style, with generous buffets, vibrant live cooking stations and refreshing juice creations at the Talk Restaurant which is transformed into the quintessential 'Ramadan tent', beautifully draped and fully air-conditioned, including the live oud for only AED 139 per person and AED 120 per person for a group of 10 or more. Traditional henna painting is also on the menu as well as Shisha pool side with the stunning views of the Arabian Gulf where you can enjoy light mezze and a la carte delicacies.

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Ramadan taste and traditional ambience.

# Top 10 foodie moments

From top restaurants to try, quirky foodie moments, the best deals in town and nutritious information, *BBC Good Food ME* keeps you in the know

---

# 1

## A REFRESHING RAMADAN MENU AT PAUL BAKERY & RESTAURANT

For this year's holy month of Ramadan PAUL Bakery & Restaurant has chosen a "refreshment" theme for their new set menu.

Perfect for those looking for a lighter alternative to the traditional, rather heavy Iftar menus, the choice of dishes is not only refreshing, but a little different from the usual Ramadan fare. A few typical Arabic treats such as dates and the popular Jallab drink are included in the menu, but the menu has a home-cooked feel with the typically French PAUL touch.

The four-course menu includes a choice of soup, salad, main course and dessert; tea or black coffee as well as Jallab. You can enjoy rocca salad with blue cheese, watermelon, olives and tarragon dressing, and as a main course customers can choose between four dishes, such as the beef tenderloin grilled with garlic, beans, tomato, sweet mashed potato or the chicken and tomato skewers, served with basmati & wild rice sautéed spinach, cumin chickpeas and walnut pomegranate sauce.

The four-course set menu is available throughout Ramadan from Iftar time onwards, and is priced at AED 95. PAUL will be open for takeaway from 9.00 and the restaurant is open for dine-in from Iftar onwards.



# 2

## New executive chef at InterContinental Abu Dhabi

French-born Patrick Fournes, has recently joined the culinary brigade of InterContinental Abu Dhabi as executive chef. With over 15 years experience, he has worked in France, Switzerland and a five-star hotel in Geneva. From Geneva he moved to England, to work

at the famed Dorchester, London. He has also had much experience in Hong Kong and other parts of Asia, most recently in the Philippines.

"After working in the Philippines, Intercontinental Hotel Manila, I am lucky enough to go to the beautiful capital of Abu Dhabi and be offered the chief executive chef of the Abu Dhabi Intercontinental Hotel," said Fournes.

Fournes will be introducing new varieties of food and desserts in many of the restaurants, and by September 2011, there will be a new menu in almost every restaurants. With his experience, expertise and love for Asian cuisine, Fournes says you can expect an innovative new Asian restaurant in the InterContinental Abu Dhabi soon too.



# 3

## It's a nightmare!

Good news! Potty mouth genius chef Gordon Ramsay has been filming for the next series of Kitchen Nightmares US - this time up into New England.

According to one of his tweets, one of the restaurant owners was a 'right rottweiler'. We thought dog fighting was illegal in the States, but we can't wait for the episode.





# foodie moments

## 4 Food up, water down

There's been an awful lot of official interest in food recently, both shop-bought and restaurant-based.

On the one hand, Abu Dhabi officials announce plans to force corner groceries into more modern convenience stores and undertake a major crackdown on hygiene conditions in kitchens (and some of the stories had us determined to eat at home for quite some time!); on the other, the Ministry of Economy is taking a serious interest in the ludicrous mark-up of water in restaurants and Dubai Chamber of Commerce is being sanguine about rises in fresh food prices (with the headline figure of a 52 percent year-on-year rise in the price of mangoes, for instance). And, not strictly food related, officials are taking a closer look at energy drinks as some are believed to contain substances banned by athletic federations.

Best news for us, however, is the upcoming federal food safety law which the Ministry of Environment and Water plans to adopt before year end. Although only a general framework of guidelines, it marks a significant step in improved food safety and will be followed by more detailed legal codes. Importantly, it will harmonise individual efforts by the seven Emirates and municipal agencies, as well as bringing the UAE into line with international legal standards.

Finally, the cost of eating out is rising dramatically and not just because of the rush of celebrity chefs and restaurants to the region. Steak and fish dishes, in particular, have risen sharply – up almost a third in the past year. It is unclear how much of the general rise is the cost of eating out is due to global food price rises and how much restaurants and hotels trying to capitalise on greater tourist numbers.

Paying too much? Charged more than AED 3 for a large bottle of local water in a restaurant? Then, according to the Ministry of Economy, you're paying too much. Call its consumer protection hotline on: 600 52 2225 to know your rights.



## New menu at Ottomans, Grosvenor House Dubai

Ottomans at Grosvenor House Dubai introduces a gorgeous, traditional new menu by the recently-appointed Turkish head chef Mehmet Koyuncu.

Paying tribute to the authentic Ottoman cuisine developed over millennia, Chef Mehmet is also putting emphasis on light, fresh ingredients and healthy grilled options.

"After much hard work, I am pleased to introduce the new menu at Ottomans. Turkish cuisine is diverse and has a rich culinary tradition. The new menu pays tribute to this tradition with a modern twist, with special attention given to ensure healthier options," says Chef Mehmet.

Beautifully fresh ingredients, cooked to perfection, try out *zeytin yagli enginar*, an aromatic artichoke gently cooked in olive oil, lemon juice, vegetables and dill leaves, or the succulent lamb dishes paired with fruit and nuts.

"We are delighted by the new menu at Ottomans, which showcases the culinary talents of Chef Mehmet Koyuncu. The newly introduced mouth-watering dishes, from the mezzeh to the desserts all truly embody the spirit of Ottomans: opulent, majestic and most importantly, authentic," said Marco Torasso, executive chef of Grosvenor House Dubai.

## foodie moments



### 6 MEATPACKING MENU AT MANHATTAN GRILL, GRAND HYATT DUBAI

Celebrating the edgy, vibrant meatpacking district of New York, Manhattan Grill introduces a two-course menu for AED 195. Including an appetiser and main course, or a main course and a dessert, as well as a glass of white or red house wine, it is good value and delicious food! *BBC Good Food ME* enjoyed a starter of crispy, but soft crab cakes and a beautiful fillet main, with a lovely glass of Pinot Noir.

*Menu includes two courses, a glass of wine, a bottle of water and your choice of coffee or tea, and is priced at AED 195 per person including 10% municipality fees and 10 percent service charge.*

### 7

### Molecular snacking

If you've managed to get over the shock of enfant terrible turned eminence grise Marco Pierre White hawking Knorr stock cubes, then prepare to be amazed at the next embrace of high cuisine by the corporate world: Ferran Adrià, widely considered the most innovative and spectacular chef of the last decade or so, is now working with PepsiCo globally to inspire the company as it creates new snacks, breakfast items and other goodies.

The mind, quite simply, boggles. This, after all, is the chef whose reputation is based on perverting the way we consider and taste food. The master of foam and spheres. How on earth can he combine working on snacks for a corporate giant with his professed aim to develop his El Bulli Foundation, a cooking and creativity think tank, having closed the formidable El Bulli for a period.

Is this how a chef at the top of his game reinvents and reinvigorates himself.

The relationship is not new, however. For the last five years or so, he's been working with PepsiCo Spain which has been selling the Lay's Artesanas 100 percent olive oil branded by Adrià. I bought some on my last trip to Spain - it's standard olive oil in a plastic bottle...

Last word to Adrià: "We hope to obtain interesting results from our joint task, where El Bulli will provide its historic know-how regarding high level gastronomy as well as other areas of the food business."

### 8

### CHURRASCO NIGHTS AT EMBER GRILL & LOUNGE

**Ember Grill & Lounge, The Address Dubai Mall, Downtown Dubai, has introduced a flavourful churrasco evening every Friday.**

Join the fiesta with traditional Brazilian churrasco nights at Ember Grill and Lounge. Enjoy succulent pieces of grilled beef and seafood on skewers, carved at your table by passadors – so you can sample as many different cuts as you like. Food is served in a vibrant, carnival atmosphere and accompanied by a live Brazilian band.

*Churrasco night takes place every Friday from 19.00 to 23.30. AED 180 including soft drinks and AED 245 including unlimited selected beverages.*





# 9 Blanc to come to DUBAI?

No, not smooth-talking Raymond Blanc but another fascinating French export - le Diner en Blanc (the White Dinner).

The concept is simple: a flash mob that eats instead of dances or sings. Take the recent Paris one as an example (it's a annual feast). Early evening, thousands of diners dressed in white arrive from many directions carrying chairs, tables, linen, cutlery, food and, of course, drink. 4,400 of them gathered in front of Notre Dame and 6,200 in a courtyard of the Louvre.

It wasn't announced, wasn't advertised - word of mouth is enough. A few hours later, guests tidied up and vanished into the night, the sites left clean and without evidence of the evening.

The tradition began in 1988. This year it spreads to New York in August, with 1,000 diners expected at as yet undisclosed location - Rockefeller Plaza or Central Park perhaps? Montreal has also had its annual party since 2009. All three dinners are coordinated with municipal authorities, with guests gathered via social networking.

We think this would an excellent annual addition to the Dubai or Abu Dhabi dining scene! The question, of course, is where to hold it? We think the plaza of DIFC in Dubai would be a good first choice.



## 10 Summer tasting menu at Indego by Vineet

A combination of elegant dining and innovative Indian food makes Indego by Vineet one of *BBC Good Food ME's* favourite spots. For the summer, Vineet Bhatia and his team has created a delicious menu of tantalising tidbits, perfect for sharing.

"I have created this tasting menu with love and flare, combining all my summer time favourites, which I'm sure diners will enjoy. The chosen dishes combine Indian-inspired flavours artfully fused together with authentic spices and a signature modern twist," commented Michelin-starred chef Vineet Bhatia.

## Choosing and caring for cutlery

*Elegant cutlery adds style and finesse to a fine table setting. When looking for good cutlery it is important to see if it fulfills the following conditions.*

### Quality

An important factor that contributes to quality is the material and the workmanship.

The three basic material options are 18/10 stainless steel, silver plated or sterling silver. Stainless steel does not need frequent polishing unlike silver and is suitable for use in a dishwasher making it convenient to use.

### Size of the Set

If you have people around fairly regularly, it is often a good idea to pick a basic set of 68 pieces that provides at least twelve sets of cutlery, in addition to the common serving pieces.

### Value for Money

Two factors that lower costs over time are durability and the option to replace missing components. Look for a set that is does not age with time and check if you can order individual components that need to be replaced when the odd spoon or fork inevitably goes astray.

### WMF Cromargan protect®

A revolutionary and premium cutlery range recently added to WMF's wide range of cutlery, is 150 times more scratch resistant than normal stainless steel and does not react to food acids or common elements, which is why it does not tarnish. Its modern and timeless design retains its appeal and pristine sheen several years later.

### Tips to care for your cutlery

With a little attention and care you can ensure your cutlery stays as good as new for years.

1. After use clean your cutlery of food deposits – never leave it dirty for too long.
2. Do not soak cutlery or leave it wet for too much time.
3. When you clean cutlery in the dishwasher, you can avoid any scratches by rinsing cutlery of different kinds separate from one another and inserting the handle first.
4. After the rinse cycle has been completed, take your cutlery out of the dishwasher as soon as possible and wipe it dry. If this is not possible, open the door of the dishwasher, to let the vapour out and avoid dampness.
5. Use a good dishwashing detergent and observe the instructions on the package, to retain the glossy sheen.



Tavola stores are located in Mall of the Emirates, Level-2, 04-3402933; Century Plaza, Jumeirah Beach Road, 04-3445624; Spinney's Centre, Umm Suqeim, 04-3948150; Emirates Hills, Town Centre, 04- 3618181; Mirdif City Centre, Mirdif, 04-2843548; Zwilling J A Henckels, Dubai Mall, 04-4340725



TAVOLA

# Off the shelf

This month's gadgets, kitchen goodies, products and accessories

## NEW KENWOOD TRUE BLENDER

Ideal for multi-tasking, the Kenwood True Blender has a two litre, family-sized goblet, and a metal lined grinding mill ideal for preparing spice mixes and pastes. It also comes complete with a pre-programmed ice crush button. Controlled with the three-speed plus pulse, it has a handy cord storage feature and an easy-to-clean design.



A geometric, floral design, **THE BLOSSOM FRUIT HOLDER** designed by Elena Manferdini is a beautiful addition to the kitchen counter or dining room table. 18/10 stainless steel, it is elegant, fun and functional.

Available in Tavola stores across the UAE, the stainless steel blossom fruit holder is priced at AED 790 and the white version is priced at AED 490.



## CREATE HYDRATING FRESH JUICES WITH THE CULIN'OR JUICER

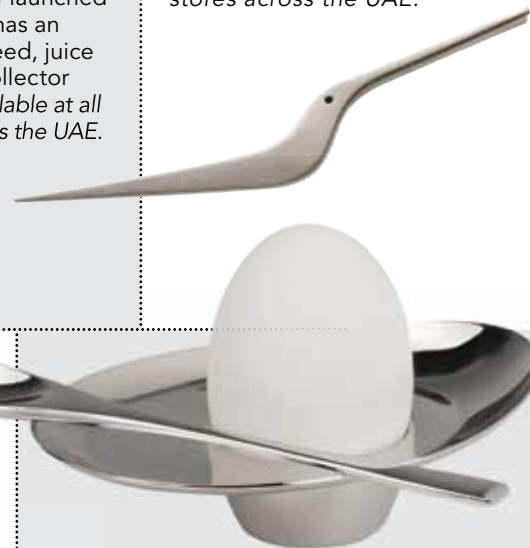
With an attractive red and black finish and functional design, this newly launched Culin'Or gadget has an extra-wide fruit feed, juice extractor, pulp collector and juice jar. Available at all major stores across the UAE.



Serve the most delicious recipe with a bowl of steaming rice prepared with the **PHILIPS ARTIFICIAL INTELLIGENCE RICE COOKER**. It comes with smart, automatic cooking programmes to control the temperature. This preserve the freshness and the nutrients in every bowl of rice!



**THE PAPER KNIFE, 'USELEN'**, by Alessi Novelties is small, steel and shaped like a hummingbird. AED 120, available in Tavola stores across the UAE.



**THE 18/10 STAINLESS STEEL EGG CUP WITH SPOON**, designed by Helen Kontouris, is fantastic for serving finger food during a party, individual starters or a stylish soft-boiled egg for breakfast or brunch. AED 120, available from Tavola stores across the UAE.



Add beautiful Middle Eastern flavours to your cooking this Ramadan with **LA TOURANGELLE'S PISTACHIO and ALMOND OILS**. Available at top supermarkets throughout the UAE.



## ELIS SENSE PEPPER GRINDER

Grinding technology is at your fingertips with this sleek and stylish electric pepper grinder from Peugeot. A robust, aesthetically pleasing mill it works equally well on the table as in the kitchen. Available from Tavola stores across the UAE.





BANYAN TREE  
— AL WADI —

ADVERTISING FEATURE

# A BLISSFUL SUMMER GETAWAY

If you're craving a serene respite from busy city life, and want to escape the heat this Ramadan, then Banyan Tree Al Wadi, Ras Al Khaimah is the perfect getaway for you. With a fantastic stay, spa & dine special running this month, now is the time to book!

FANTASTIC  
STAY, SPA &  
DINE SPECIAL  
OFFER!

Just 40 minutes drive from Dubai, lies Banyan Tree Al Wadi, a desert resort set amidst Wadi Khadeja, the protected enclave of the indigenous green ghaf trees. The first desert resort in the United Arab Emirates to offer an all-pool villa concept, Banyan Tree Al Wadi is complete with 3,960 sqm of Asian-inspired hydrotherapy spa facilities, a dedicated nature reserve, chilled pools, rainforest-concept design, a private beach club and an 18-hole championship golf course.

The ideal escape for expats during Ramadan, Banyan Tree Al Wadi is offering its guests an exclusive package, which includes one night's villa stay, one hour hydrotherapy spa (rainforest experience) for two, lunch or dinner at Al Waha Restaurant in the desert resort or Sands Restaurant in the beach club and unlimited usage of the mini bar. You can also enjoy 30 percent discount on selected spa treatments, and children get free access to the Kids Club.

Priced at only AED 1395 per night, per villa for two people, this will be a magical retreat and a chance to experience the UAE's natural beauty.

An oasis of indulgence, Banyan Tree Al Wadi has dedicated 60 hectares of the resort as a nature reserve – home to local desert wildlife such as Arabian gazelles, camels and oryxes, offering guests a unique opportunity to interact with and observe these gentle creatures up close.

The resort is a 45-minute drive from Dubai International Airport and a 20-minute drive from the vibrant Ras Al Khaimah city centre.



## AMAZING SPECIAL OFFER FROM BANYAN TREE AL WADI

### THE PACKAGE INCLUDES:

- One night stay for two people at in Al Rimal or Beachfront Pool Villas.
- One hour complimentary use of Hydrotherapy Spa (Rainforest Experience) for two people.
- Choice of lunch or dinner in Al Waha Restaurant (Desert Resort) or Sands Restaurant (Beach Club).
- Free-flowing Mini-bar.
- 30 percent discount on selected spa treatments.
- Complimentary childrens' access to Kids Club.

ONLY AED 1395 per night per villa (for 2 persons) for Al Rimal or Beachfront Pool Villas.\*



\* Valid from 1st to 30th August 2011. Rates are quoted in AED on a per villa per night basis, Rates are subject to 10% Service Charge. Other terms and conditions apply. Cancellation Policy: 24 hours prior notice will be requested to avoid 100 percent late cancelation charges. For bookings call +971 7 206 7777 or email: [reservations-alwadi@banyantree.com](mailto:reservations-alwadi@banyantree.com).

# Inspiring Arabian

# INGREDIENTS

On the occasion of the Holy Month of Ramadan, we thought we'd take a look at some of the ingredients that have made Middle Eastern cuisine so distinctive. Some you'll know already, of course; others, a little less familiar, may inspire you to try new flavourings in your own cooking

**M**an may have taken his first faltering steps in East Africa, but the Middle East is where we made the irresistible shift from gatherers to farmers, from nomads to city dwellers and from small groups to intrepid traders. That means that this region, for various reasons, has acted as both the cradle of global cooking and the initial catalyst to the food routes of the world.

This is, after all, the region where wheat was first cultivated, where bread was first leavened, beer first brewed. How then do we identify specifically Middle Eastern ingredients? After all, olives, honey, sesame seeds, chickpeas, mint and parsley are ubiquitous, though the use of these ingredients are regionally specific - sesame seeds turned into tahini to make hummus or baba ghanoush, chickpeas ground down to make falafel and so on.

How do you untangle the web of influences when the region has been such a melting pot for at least two and a half millennia? During the Persian Empire, the well-known mix of rice, poultry and fruit was created and Arabian fruits and nuts were spread out of the region by Arab armies. Then, during Turkey's Ottoman Empire, filo pastries and coffee became ever-present. Mongol invaders brought dumplings; trade with India delivered turmeric, garlic, cloves, pepper, allspice and cumin; trade with Africa brought okra; and European traders brought culinary treasures from the New World, especially the tomato.

So let's look instead at a number of representative tastes from the region and think how you can incorporate them into your own cooking.

## \* SUMAC

**What is it?** A deep red or purple powder from the dried fruits of the sumac shrub.

**What's it used for?** It adds a lemony taste to salads, meat or as a garnish to, for example, hummus. It is also added to za'atar.

**What could you do with it?** Try adding it to guacamole or sprinkling it on a grilled aubergine risotto. Cut potato wedges, coat them in egg white, chilli and sumac, then bake in the oven till crisp. Add some to a classic burrito mix. Blend it into a lemon and chilli flake-based marinade for fresh olives. We also find it goes well with beetroot and makes an interesting addition to mayonnaise.

## \* SESAME

**What is it?**

A flowering plant whose seeds are used as a spice and which can also be pressed to create sesame oil.

**What's it used for?** Mixed with honey or sugar syrup, it is found in baklava and similar treats. The seeds are also pressed to create tahini, which is used in hummus.

**What could you do with it?** Sesame seeds have a natural affinity to bread - everything from your hamburger bun to a bagel. Try adding sesame oil and chopped cashews to simply steamed asparagus. Marinade tuna with lemongrass, sesame seeds, black pepper and oil before searing it briefly. Broil hard white fish (cod is ideal) coated with lemongrass and sesame seeds. Mix baby spinach and sliced strawberries for a delicious salad, served with a dressing containing sesame and nigella seeds.



## \* LABNEH

**What is it?**

A creamy, strained yoghurt that can be cooked at high temperatures.

**What's it used for?** Commonly for breakfast and as part of mezzeh. Served with olive oil, hard labneh is added to salads.

**What could you do with it?**

Tzatziki. Find a recipe for the delicious Indian dessert shrikhand. Use in place of Greek yoghurt.



## \* CARDAMON

**What is it?** An Indian spice, related to the ginger family. Small black seeds are held in a triangular pod.

**What's it used for?**

In the region, green cardamom powder is used as a spice for sweet dishes as well as traditional flavouring in coffee and tea. Pods are ground with coffee beans to produce a powder, which is boiled.

**What could you do with it?** It's used widely in Indian cooking so you'll find inspiration there. More unusually, Scandinavians use it in baking. Try making a marinade (cardamon, black pepper, honey and sherry) for baked chicken breasts. Sprinkle dried cardamon on a citrus fruit salad, already drizzled with honey and lime juice. Add a touch to meringues or any chocolate dessert. And try adding some to your favourite rhubarb recipe.





QUICK  
READ\* **PISTACHIO**

**What is it?** A nut from a desert-tolerant tree, it is related both to the cashew and the sumac.

**What's it used for?**

Eaten as a snack, in ice cream or confectionery like baklava.

**What could you do**

**with it?** Though traditionally seen in sweet dishes, the pistachio copes well in more robust dishes. Roast with almonds, grind and add to any cream-based curry sauce. Use roasted nuts to garnish artichoke soup. Make a stuffing with apricots, raisins and pistachios. Try pistachio butter as the base for hors d'ouvres - puree equal parts blanched pistachios and almonds, add two thirds of this volume of sugar and salt to taste.

\* **POMEGRANATE**

**What is it?** A very ancient fruit, containing around 600 edible seeds encased in pulp.

**What's it used for?**

Heavily used in classical Persian cuisine, it's also used as an astringent syrup in Turkey for salad dressings or meat marinades.

**What could you do with it?** Learn how to deseed it. First: cut it open and then pull apart in a bowl of water - the inedible pulp floats and can be easily removed. Freezing first also makes it easier. Spinney's now sells pots of fresh seeds, thus avoiding the hassle. Add to good vanilla ice cream. It makes a quick salad with rocket, walnuts and feta cheese. Try a crumble of pears and pomegranate seeds, spiced with lemon juice, nutmeg and cinnamon. Get cooking with pomegranates with the recipes on page 38.

**Ramadan** is the ideal time to investigate local ingredients and tastes at any of the Iftars that you may be invited to. Arabs love expats who are curious about their culture, so take the opportunity to ask colleagues or fellow diners about particular flavours or unusual looking dishes. And, make sure you visit the spice souk - it will take you completely out of your kitchen comfort zone and should unlock your creative cooking skills.

Do let us know what you've discovered this month that you think fellow readers would enjoy - a recipe, an ingredient, a new use for local produce. Write to: [lauren@cpidubai.com](mailto:lauren@cpidubai.com).

\* **ZA'ATAR**

**What is it?** A herb/spice mix that combines some of the following dried ingredients: oregano, mint, marjoram, basil thyme and thyme, with sesame seeds, sumac and salt

added. Cumin, coriander or fennel seeds can also be added.

**What's it used for?** Mixed with olive oil, it's spread on a dough base and baked to create manakeesh. You can also use it to season meat or eaten with drained labneh as a breakfast dish. Omanis make a herbal infusion with it. It's high in anti-oxidants so should certainly find a place in your kitchen.

**What could you do with it?** Sprinkle it on salmon before grilling it. Add it to dips or mix with sour cream and eat with a baked potato. It's delicious with pasta fagioli or chickpea salad, especially with some added paprika! Or try roasting veggies with a mix of za'atar and fresh chopped parsley, mixed with lemon juice.



*How do you untangle the web of influences when the region has been such a melting pot for at least two and a half millennia?*

\* **SAFFRON**

**What is it?** The dried stigma of the saffron crocus. By weight, it's the world's most expensive spice - about 150 flowers provide 1gm of dry saffron threads. If it's cheap, it's not saffron.

**What's it used for?** Used widely to colour and flavour rice dishes.

**What could you do with it?** Cornish saffron cake - like a saffron-flavoured brioche with mixed fruit. Add saffron to lamb stew, with pomegranate and chestnuts. Garlic and saffron soup. Saffron and rose water ice cream. Mix grape seed and extra-virgin olive oil with crushed saffron to make delicate saffron oil - use like truffle oil. Add to shrimp and asparagus risotto.

\* **BULGUR**

**What is it?** A parboiled and dried mix of wheat varieties, mainly durum, with only a small part of the bran removed.

**What's it used for?**

The main ingredient in tabbouleh salad and

kibbeh, it can also be used as a good substitute for couscous.

**What could you do with it?** Indians eat it as a cereal with milk and sugar. Mix with chickpeas, roasted peppers, cherry tomatoes and diced cucumber for an easy salad dressed with olive oil, fresh dill, balsamic vinegar and ground cumin. Make patties from onion, kidney beans, bulgur, walnuts and herbs for delicious veggie bulgurs (er, burgers). Use bulgur instead of arborio rice to make a quick risotto with shrimp and corn.



# The Arabian touch

Dramatic, bold and full of beautiful texture, Middle Eastern décor can be striking, warm and inviting. This Ramadan, *Paula Evans*, the buyer for Q Home Décor in the UAE teaches us how to create a luxurious Middle Eastern interior space

❧ *Colour and texture is vital in Middle Eastern inspired décor. Metallics in different shades of gold, gilded mirrors, luxurious velvet textures, deep reds, burnt orange. With a few dramatic elements and a warm colour palette, you can create a luxurious Arabian feel ❧*



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کیو ہوم دیکور  
q home décor





'Eclectic' is the word that best describes recent trends in interior design. Mixing classic, rustic elements with more dramatic, modern pieces; bringing in colourful patterns and contrasting textures; and really letting your personal space tell your story about what you like and where you've been.

There is nowhere better than the UAE to implement eclectic décor. The country is a melting pot of influences, allowing you to source interior design pieces from across the globe. At Q Home Décor, you can experience the vibrant styles and themes available, and it is exciting to stir in a touch of Arabian influence into our own homes to create a warm, cosy environment that reflects the dynamic place we live in.

"Colour and texture is vital in Middle Eastern inspired décor. Metallics in different shades of gold, gilded mirrors, luxurious velvet textures, deep reds, burnt orange. With a few dramatic elements and a warm colour palette, you can create a luxurious Arabian feel," says Paula Evans the buyer and stylist for Q Home Décor across the UAE.

Q Home Décor has beautiful scatter cushions in velvet and sequins, and throws, table cloths, place mats and linen in a variety of beautiful patterns, colours and textures. Middle Eastern design is about luxurious, layered textures; rich, warm tones and a cosy, inviting atmosphere.

"We have received some wonderful pieces, especially for Ramadan. Lovely tableware, candle holders, tea lights and

*❦ We have received some wonderful pieces, especially for Ramadan. Lovely tableware, candle holders, tea lights and ornaments for the home. There is also a new range called Panglao, which is an innovative collection of king-sized bed, sofa, lamps and coffee table in a cage-like design. The antique gold and black colours make this set very dramatic, and modern Arabian in design ❧*

What is exciting about Arabian-inspired design is that you can really be bold and dramatic with your furnishings, and then tone down the mood with gorgeous warm colours. Lighting is important in Middle Eastern décor too, so be sure to dim your main lighting, add one or two floor lamps and accentuate the mood with tea lights in coloured glass holders, and taller candles in brushed metal candle holders in bronze tones. This will create a wonderful effect when friends and family visit for Iftar.

Paula emphasises that once you have your essential items, accentuating pieces are important for creating the desired effect.

ornaments for the home. There is also a new range called Panglao, which is an innovative collection of king-sized bed, sofa, lamps and coffee table in a cage-like design. The antique gold and black colours make this set very dramatic, and modern Arabian in design," says Paula.

Why not take the opportunity this Ramadan to explore the eclectic, Arabian influences that punctuate modern interior design. Be bold, try new and creative ways to decorate your home. Q Home Décor is just the place to start.





# Breaking bread

This Ramadan, *Suzanne Husseini* selects some of her favourite recipes and shares special memories of breaking the fast with friends and family

‘Yallah, yallah (hurry, hurry) it’s almost time’ my mother would anxiously say as we scurried to set the table. We all had our assigned jobs. Mine was to drape the tablecloth and make sure there was enough spoons and forks. I also had the honour of making a special delivery of food to a family up the street who I knew had so little.

We were living in Canada then, and Ramadan was always a special time to celebrate our Palestinian heritage.

The aromas from my mother’s kitchen filling our home, the clatter of spoons and tinkling of glasses signaled the beginning of our much anticipated meal after a long day of fasting.

There was creamy lentil soup and fattouche as a starter along with savoury pastries. Roast chicken and an aubergine stew ready to be served. For dessert, the ultimate and totally moorish atayef (cheese filled crepes) are a must during the month of Ramadan. They are a welcome treat, as traditional foods associated with special holidays seem to taste best at the right time.

The door bell rings and familiar friends are greeted. Another knock on the door and new faces and neighbours are welcomed to take their place around our table laden with food. My mother lovingly created the food to share with our guests, and their eyes would twinkle with delight at the delicacies set before them.

We ate, we talked, we shared stories. Our neighbours delighted us with memories of Christmas dinners past and doing what they could for the less fortunate.

One of our guests made us laugh as he had so many recollections of trying to fast until sunset with no success, but figured out creative ways to convince his parents. I listened and learned so much during these Iftar dinners.

I realised too, that no matter where we come from, what language we speak and what religion we have inherited, we are all capable of caring deeply about one another.

Our stories are similar and different but all speak volumes about timeless traditions and rituals.

While food is often seen as the main event during festive times, it’s the tradition of giving, sharing, and celebrating our blessings that is the true spirit of these events.

In the true tradition of Ramadan, food is the great equaliser bringing all people, rich or poor together to break bread after enduring a day of fasting, expressing the ultimate human act of compassion.

The sweet ending to this holy month is as it’s known by name Eid el Fitr. Families gather to bake special filled pastries like maamoul and delight in making their traditional sweet treats to share with friends. It’s a time to celebrate, indulge and to cherish the memories made during this special month.

*Suzanne Husseini is a Dubai-based TV personality, celebrity cook and author of When Suzanne Cooks, a book filled with modern Arabian recipes. The book is now available in Arabic. For more information about Suzanne you can visit [www.suzannehusseini.com](http://www.suzannehusseini.com), or follow her on Facebook.*



Suzanne Husseini and family, enjoying a mezzeh spread



*“In the true tradition of Ramadan, food is the great equaliser bringing all people, rich or poor together to break bread after enduring a day of fasting”*



## Cheese or Walnut-Filled Crêpes

MAKES 24 CRÊPES

2 1½ cups flour  
pinch of salt  
1 tbs sugar  
1 tsp instant yeast  
3 cups lukewarm water  
1 tsp baking soda  
2 cups of rose syrup (see recipe on page 206)  
peanut oil, for frying  
1½ cup ground pistachios, to garnish

### WALNUT FILLING

1 cup walnuts, chopped coarsely  
5 tbs caster sugar  
zest of 1 orange  
2 tsp cinnamon  
2 tbs orange blossom water

### CHEESE FILLING

300 g akkawi cheese (desalted)  
or ricotta mixed with 1½ of the mozzarella  
100 g fresh mozzarella cheese  
5 tbs caster sugar  
1 tbs rosewater

**1** To prepare the walnut filling, mix the walnuts, sugar, zest, cinnamon and orange blossom water. Set aside.

**2** To prepare the cheese filling, I start the process the night before. Desalt the akkawi cheese by slicing thin and immersing in cold water, leaving it to soak. Drain and change the water again after 1 hour, repeating five or six times more to get rid of all the salt. Taste the cheese before using it to ensure no saltiness remains. Mix the two cheeses, sugar and rosewater and set aside in a colander to drain any excess water.

**3** Put the flour into a large bowl. Mix in the sugar, salt and yeast. Pour in the water gradually and beat vigorously with a whisk. Lastly, beat in the baking soda. The batter will be of a smooth and creamy pouring consistency. Cover and leave aside to rise for 1 hour. Spread a clean lint-free dishtowel on a large cookie sheet and set aside. Heat a nonstick heavy-bottomed skillet. Beat the batter a little with the whisk before ladling 1¼ cup full of batter to make discs of around 10 cm diameter. Cook only on one side. The bubbles will start to form; you will know they are ready to be taken off when there are no more shiny wet spots on the top (about 1–2 minutes). Place each finished atayef, browned side down, on the tea towel to cool completely.

**4** Take one atayef and cup it in your hand. Fill it with either one of the fillings. Bring the edges together to form a crescent, pinching around the edges with a little firmness to keep the filling enclosed. Fill the remaining and set aside while you prepare your stations. Pour 2 cups of rose syrup in a deep bowl. Line a plate with paper towels. Heat the oil in a saucepan to 180°C on the thermometer. Fry the filled atayef no more than four at a time until golden brown on both sides. Remove with a slotted spoon and place on the paper towels. While hot, slide a couple at a time into the cool syrup for 1 minute to absorb. Remove with another slotted spoon. Serve hot.

### BAKING OPTION

Preheat oven to 200°C. Place the filled atayef in a shallow baking dish. Brush with clarified butter (see how to prepare it on page 206) on both sides. Bake until golden and crisp, turning over halfway. Remove and pour the cool syrup over the hot atayef. Serve garnished with ground pistachios.



## Creamy Lentil Soup

6-8 SERVINGS

2 medium onions, finely chopped  
 4 tbs olive oil  
 2 cups orange lentils, rinsed  
 2 large carrots, peeled and grated  
 1½ cup rice (arborio, or short grain)  
 6 cups chicken stock  
 1 tsp cinnamon  
 1½ tsp allspice  
 2 tsp cumin  
 sea salt  
**TAKLIA**  
 2 tbs olive oil  
 4 cloves garlic, chopped fine  
 1½ cup finely chopped coriander  
 1½ cup plain yoghurt or sour cream  
 2 tbs coriander, finely chopped

**1** In a large pot sauté the onions in the olive oil until soft. Add the lentils, carrots, rice and chicken stock and bring to a boil. Continue to cook until the soup thickens and lentils fall apart. Stir periodically so that the lentils don't stick. Add in the spices and season with salt. Using an immersion blender, purée the soup until creamy.

**2** To prepare the taklia, in a small skillet heat the 2 tbs olive oil and sauté the garlic for one minute until it perfumes the air, then add the coriander and stir for an additional minute. Pour this on top of the soup and allow to simmer for 5 minutes to heighten the flavour.

**3** In a small bowl mix the yoghurt or sour cream with the coriander. Place a teaspoon of this on top of each serving of soup. Sprinkle on a few pitta croutons (see recipe on page 32). Serve with crusty bread, olives and lemon wedges. A squeeze of fresh lemon juice will brighten the soup.



*Cover  
Recipe*

## Grilled Aubergines and Pomegranate Dressing

6 SERVINGS

6 small aubergines (approx. 10 cm long)  
 olive oil  
 sea salt  
 3 tbs butter  
 1 small onion (or shallot), finely chopped  
 2 cups pomegranate juice  
 ½ cup chicken stock  
 ¼ cup pomegranate molasses  
 1 tbs cornstarch and 2 tbs water to make a paste  
 salt and pepper  
 fresh pomegranate seeds  
 fresh mint leaves  
 ½ cup toasted pine nuts

**1** Preheat oven 200°C. Peel the aubergines in strips and slice them lengthways in thin slices keeping the tops intact. Brush all over

with olive oil. Fan out each aubergine and press down on it to expose and flatten the insides. Season with sea salt. Roast in the oven for 15 minutes until golden and cooked. Remove to cool.

**2** To make the sauce, heat the butter in a medium saucepan and sauté the onions until soft. Add the pomegranate juice, chicken stock and bring to a boil. Keep on high heat for about 10 minutes to concentrate the flavour and allow some liquid to evaporate. Stir in the cornstarch paste to thicken the sauce slightly. Remove from heat and stir in the pomegranate molasses. Season with salt and pepper. Place the cooled grilled aubergines on small plates and drizzle some of the sauce on top. Garnish with the mint leaves, toasted pine nuts and fresh pomegranate seeds.





Häcker, the definitive German luxury kitchen company, dedicated to designing and crafting the world's most desirable kitchens.

Ramadan Experience at Dubai Creek

Where better to taste the tradition of Ramadan than the Al Sultan tent at QD's, overlooking the waters of the Dubai Creek. From humble beginnings, the Creek has seen the city grow and provides the perfect place to savour the spirit of Ramadan with traditional Arabic flavours every evening during the holy month.

For a private Iftar or Suhour with close family, friends and colleagues, Dubai Creek Golf & Yacht Club also offers a host of locations that can accommodate all sizes of groups, from an intimate gathering to a large function.



For further information and bookings, please contact Dubai Creek Golf & Yacht Club on T +971 4 295 6000 or email [creekdining@dubaigolf.com](mailto:creekdining@dubaigolf.com)

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33 Lamb, feta & mint salad



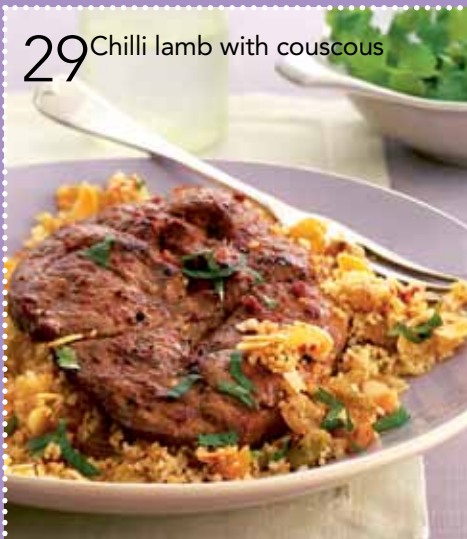
26 Dukkah lamb with smoky aubergines



# Everyday recipes

- Ready in 30
- Just for two
- Fasting and nutrition
- Healthy ingredient: tofu
- Cook with pomegranates

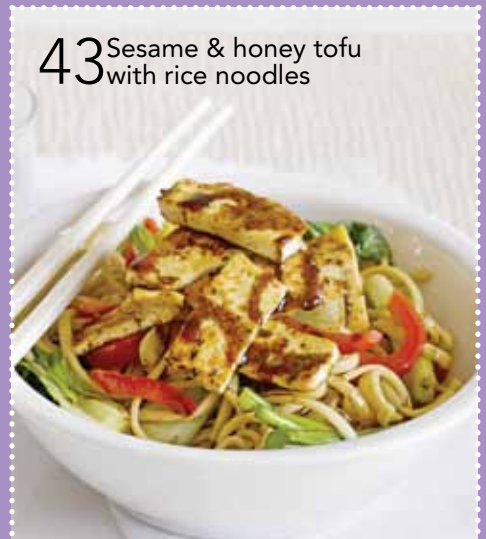
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# Ready in 30

Fast and fabulous  
after-work suppers

RECIPES JANE HORNBY

PHOTOGRAPHS GARETH MORGANS

## Moroccan wings with herb couscous

30 MINUTES • SERVES 4 • **Easy**

chicken wings 2 x 475g packs  
maple syrup 3 tbsp  
harissa paste 1 tsp, plus more to serve  
cumin seeds 1 tsp, lightly crushed  
orange 1 medium, zested and juiced (about 6 tbsp in total)  
lemon 1, zested and juiced  
couscous 150g  
mint large bunch  
coriander large bunch  
preserved lemon to make 2 tbsp, finely chopped  
extra-virgin olive oil  
0% fat Greek yoghurt to serve

**1** Heat the grill to high. Put the chicken wings into a large roasting tin and grill for 15 minutes, turning halfway, till golden.

**2** Meanwhile mix the maple syrup, harissa and cumin with the zests, half of the orange and lemon juices and some seasoning. Pour over the wings, shake to coat, then return to the grill for another 15 minutes till browned and sticky, turning once.

**3** For the couscous, boil the kettle. Splash the remaining orange and lemon juice over the couscous then pour in enough boiling water just to cover. Clingfilm the bowl then set aside for 10 minutes. Roughly chop the herbs.

**4** Fluff the couscous, fold through the herbs, preserved lemon, 1 tbsp oil and some salt and pepper. Serve with the wings and a spoonful of yoghurt, swirled with harissa if you like a bit more heat.

**PER SERVING** 503 kcals, protein 37.4g, carbs 29.8g, fat 25.8g, sat fat 8.5g, fibre 0g, salt 0.55g







## Cherry, goat's cheese and walnut salad

10 MINUTES ● SERVES 4 ● Easy



walnut halves 100g  
fennel bulb 1 large,  
finely shredded  
watercress, rocket and spinach  
150g bag  
cherries 250g, pitted  
balsamic vinegar 1 tbsp  
extra-virgin olive oil  
goat's cheese 200g, with rind,  
broken into chunks  
sourdough sliced and toasted,  
to serve

**1** Dry fry the nuts until toasty and golden. Put the fennel into a large bowl with the leaves and cherries. Whisk the balsamic, 2 tbsp oil and salt and pepper together, then dress the salad. Scatter with the cheese and nuts.  
**2** Serve with slices of toasted sourdough, drizzled with a little oil.

**PER SERVING** 426 kcal, protein 16.4g, carbs 9.8g, fat 36g, sat fat 11.3g, fibre 3.5g, salt 0.96g

## Chard, tomato and ricotta bake

30 MINUTES ● SERVES 4 ● Easy

butter  
Swiss chard 450g, shredded  
(or use spinach)  
garlic 1 clove, crushed  
nutmeg 1/2 tsp, freshly grated  
ricotta 250g tub  
eggs 4  
parmesan 75g, grated  
ripe tomatoes 3 or 4, thinly  
sliced  
extra-virgin olive oil

**1** Heat the oven to 220C/fan 200C/gas 7. Melt a knob of butter in your biggest frying pan then fry the chard for 5 minutes or until completely wilted and tender. Add the garlic, cook for 1 minute, then season with the nutmeg, salt

and pepper. Press against the pan with a wooden spoon to squeeze out any excess juices and pour them away.

**2** Meanwhile, beat the ricotta with the eggs and most of the parmesan. Season, then stir in the chard. Pour into a baking dish, lay on the tomato slices and sprinkle on the rest of the cheese then drizzle with a little oil. Bake for 10-15 minutes until just set in the middle. Grill for 2 minutes until golden. Serve with a crisp green salad.

**PER SERVING** 363 kcal, protein 22.8g, carbs 7.1, fat 27.3g, sat fat 11.7g, fibre 0.7g, salt 1.39g



## Dukkah lamb with smoky aubergines

30 MINUTES • SERVES 2 • **Easy**

extra-virgin olive oil  
lamb neck fillets 2, about 300g  
egg 1, beaten  
aubergines 2, cut into fingers  
plum cherry tomatoes 200g  
lemon 1, zested and juiced  
garlic 1 small clove, crushed  
dill 20g pack, chopped  
**DUKKAH MIX**  
hazelnuts 30g, toasted and chopped  
paprika 1/2 tsp  
garam masala 1 tsp  
sesame seeds 15g

**1** Heat oven to 220C/fan 200C/gas 7 and oil the base of a roasting tin. Mix the nuts, spices, sesame seeds and 1/4 tsp each salt and pepper. Dip the lamb into the egg, one piece at a time, let the excess drip away, then roll in the dukkah. Roast for 20 minutes for just-pink meat (15 minutes if thinnish), and a golden crust. Rest for 5 minutes.

**2** As the lamb cooks, heat a griddle pan till very hot. Toss the aubergines with seasoning

and 1 tbsp oil then griddle till softened and charred all over, about 10 minutes. Scatter the tomatoes into the gaps in the pan and sizzle for 2 minutes till the skins start to split. Mix the lemon zest and juice, garlic, dill and 1 tbsp more oil. Add in the hot vegetables and toss, then serve with the lamb.

**PER SERVING** 642 kcs, protein 39.9g, carbs 12.8g, fat 48.2g, sat fat 15.9g, fibre 9g, salt 1.02g







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# Just for two

Something for every occasion, from a special supper to a simple snack

## Steak with horseradish cream

SERVES 2 ● PREP 15 MINS ● COOK 40-45 MINS **Easy**

500g/1lb 2oz floury potatoes  
2 thick sirloin steaks  
100g/4oz crème fraîche  
1-2 tbsp horseradish, depending on how hot you like it  
2 tbsp snipped chives

**1** Heat the oven to 200C/180C fan/gas 6. Cut the potatoes into chunky chips, leaving the skin on. Dry with kitchen paper, then tip into a roasting tin. Drizzle over 2 tbsp olive oil and shake the tin to coat the potatoes. Sprinkle with pepper and roast for 40-45 mins, shaking the tin halfway through the cooking time. Season

lightly with salt when they are cooked.

**2** Season the steaks all over and rub with a little olive oil. Mix the crème fraîche with the horseradish, half the chives, and season.

**3** When the chips are almost done, heat the grill and grill the steaks for 2-3 mins on each side, depending on how you like them cooked and their thickness. Serve each steak with a pile of chips and a dollop of horseradish cream. A green salad with the rest of the chives is a perfect accompaniment.

**PER SERVING** 417 kcals, protein 19g, carbs 47g, fat 18g, sat fat 9g, fibre 2g, sugar none, salt 2.17g



Classic treat



## Steak & caramelised onion sandwich

SERVES 2 GENEROUSLY ● PREP 10 MINS

● COOK 5 MINS **Easy**

4 minute steaks or 2 x 1cm thick sirloin steaks

1 small ciabatta loaf

4 tbsp caramelised onions from a jar  
half an 85g bag watercress

**1** Heat the grill. Heat a little oil in a frying pan. Season both sides of the steaks, then fry for 1-2 mins on each side. Meanwhile, slice the ciabatta in half lengthways and grill the cut sides until golden.

**2** Drizzle the toasted ciabatta with olive oil, spread the bottom half with the onions and sit the steaks on top. Cover with watercress and close the sandwich with the other ciabatta half. Cut into 4 sandwiches and serve 2 per person. Serve hot.

**PER SERVING** 525 kcals, protein 52g, carbs 33g, fat 21g, sat fat 5g, fibre 2g, sugar 2g, salt 1.85g

## MAKE IT DIFFERENT

- Use basil, lemon or rosemary oil instead of olive oil.
- Replace the caramelised onions with a few roasted peppers from a jar.





## Chilli lamb with couscous

SERVES 2 • PREP 15 MINS • COOK 10 MINS **Easy**

2 tsp chilli paste or harissa  
2 lamb leg steaks  
140g/5oz couscous  
25g/1oz toasted flaked almonds  
50g/2oz raisins

- 1 Whisk chilli paste with 3 tbsp olive oil, salt and pepper. Drizzle 1 tbsp of the mix over lamb and rub over to coat both sides evenly.
- 2 Heat the grill, then cook the lamb for 3-4 mins each side until well browned.
- 3 Meanwhile, tip the couscous, almonds and raisins into a heatproof bowl. Pour over 300ml/½pt hot stock or water, cover with a plate and leave for 5 mins. Fluff up, then fork in the remaining chilli oil. Pile the couscous on 2 plates, top with the lamb, and sprinkle with chopped coriander or parsley if you have it.

**PER SERVING** 609 kcs, protein 51g, carbs 54g, fat 22g, sat fat 7g, fibre 2g, sugar none, salt 0.39g

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Bon Appétit  
Enjoy your delicious meal





# Fasting and nutrition

With many people fasting during the holy month of Ramadan, nutritionist *Carole Holditch* looks at what fasting does to our body and show us how to fast safely

## ■ FASTING AND DETOXIFICATION

Some say there is no scientific evidence that fasting will detoxify the body, as our bodies are designed to detoxify naturally. The liver is our detox powerhouse, and the lungs, colon, kidneys, lymph glands and the skin get rid of toxins too.

Other experts disagree with the above theory. We know that the body is unable to rid itself completely of toxins when we eat a diet low in nutrients. For example Americans eat 51 percent of their diet from processed foods and foods low in phytochemicals and antioxidants. So you see a buildup of waste products in the cells. In cases like this, fasting allows the body effectively remove these waste products.

So, how does fasting remove toxins from the body? When you go without eating for more than a day or two, the body enters into ketosis. Ketosis occurs when the body runs out of carbohydrates to burn for energy, so it burns fat. And the fat is where the body stores many of the toxins, as absorbed from the environment.

In short, for a person who eats a nutrient-rich, balanced diet, fasting will not have a detoxifying effect, but for those who enjoy processed, refined foods regularly, fasting will give the body a break from those toxins, detoxifying the body during the fast.

## ■ FASTING AND WEIGHT LOSS

If you have ever thought of stopping eating in order to lose weight, think again. While

there are many opinions regarding fasting and nutrition, most medical experts will agree that fasting is not a healthy weight loss tool, and can have negative effects on the body when done for too long.

The appeal is that [fasting] is a quick-fix, but in fact it is quick fluid loss, not substantial weight loss. If it's easy off, it will come back quickly as soon as you start eating normally again.

Even when fasting is done for medical purposes, it does not support fasting for weight loss. With some saying that it can make weight problems worse. Fasting slows your metabolic rate down so your diet from before the fast is rendered even more fattening after you've finished fasting.

While fasting for a day or two is rarely a problem if you are healthy, it can be quite dangerous if you are not already eating a healthy diet, if you've got liver or kidney problems, any kind of compromised immune system functioning, or are on medication.

If you are fasting for religious reasons, be sure to eat very hydrating, sustaining foods in the evening, and be sure to relax and get enough sleep.

For dieters, fasting for weight loss distracts people from the real message of how to lose weight: lower fat intake, eat five fruits and vegetables a day, drink enough water, exercise for about 30 minutes a day, and get more sleep.

## ■ SPIRITUAL AND RELIGIOUS FASTING

Whether fasting can help rid the body of waste buildup is a matter of controversy, but

fasting has been used for religious and spiritual purification for centuries.

Nearly every religious text you can name, from the Old and New Testaments of the Bible to the Holy Quran and the Upanishads, calls upon followers to fast periodically as a rite of spiritual purification, penitence, or preparation for union with God.

## ■ MEDICAL REASONS FOR FASTING

Another topic on which there is medical agreement is the benefit – actually, the necessity – of fasting before surgery. You don't want the body to be digesting food as it manages the slower breathing and other body changes under anesthesia.

Fasting is also required to get accurate readings for certain medical tests. Short-term fasting before tests for cholesterol and blood sugar levels, for example, helps achieve a more accurate baseline count.

## ■ HOW TO FAST SAFELY

While fasting may be done for spiritual and religious reasons, when looking at it from a nutritional perspective, it is not for everyone. Though some people describe feeling euphoric and energised, others feel cranky and sick. And if you're pregnant, diabetic, severely underweight, recuperating from surgery, or have a serious medical condition, you really shouldn't fast without close medical supervision.

In fact, those with medical conditions are often exempted from religious fasting obligations too.





### THREE TIPS ON HOW TO FAST SAFELY

- 1 Stay hydrated. Those fasting for Ramadan usually go without water throughout their fasts. Although no lasting harm appears to come from it, they do often end up somewhat dehydrated. That's why Ramadan feasts traditionally begin with fruit, soups, and other hydrating foods. If you are not fasting for religious reasons, by all means drink plenty of water during your fast.
- 2 Forego vigorous exercise while fasting. A brisk walk is fine, but it's not a good idea to partake in your usual strenuous exercise routine on a day when you're not eating as much as usual.
- 3 Optimise your nutrition. Be sure to eat wholesome, nutritious foods when breaking your fast. If you're going to eat less, the nutritional quality of what you do eat becomes that much more important. Fasting for a day and then pigging out on junk food at night is not a way to feel healthy and energised.



### Recommended foods to eat during Ramadan to keep you healthy, hydrated and full of energy...

In view of the long hours of fasting, you should consume slow-digesting foods including fibre rather than fast-digesting foods. These foods last up to eight hours, while fast-digesting foods last for only three to four hours.

Grains and seeds such as barley, oats, semolina, beans, lentils, wholemeal flour, and unpolished rice are examples of slow-burning food, known as complex carbohydrates. Fast-burning foods are foods that contain ingredients such as sugar and white flour. They are called refined carbohydrates.

Wholewheat, grains, seeds, vegetables (like green beans, peas, and spinach), fruit with skin, dried fruit (such as dried apricots, figs, prunes, and almonds) are all examples of fibre-containing foods.

Meals in Ramadan should be well-balanced, and they should contain foods from each food group, such as fruits, vegetables, meat/chicken/fish, bread/cereals and dairy products.

Avoid fried foods that some of us are addicted to. Fried foods are unhealthy and should be limited. They cause indigestion, heart-burn, and weight problems. Watch your portion sizes too and avoid the temptation to over eat. Try to slow down your eating and savour the food.

#### Foods to avoid:

- Fried and fatty foods.
- Foods containing too much sugar.
- Over-eating especially at suhoor.
- Too much tea at suhoor: Tea makes you pass more urine taking with it valuable mineral salts that your body would need during the day.
- Smoking cigarettes: If you cannot give up smoking, cut down gradually starting a few weeks before Ramadan.

Nutritionist Carole Holditch  
is the founder of Good Habits  
[www.goodhabitsuae.com](http://www.goodhabitsuae.com)

EVERYDAY

# Make it in 20 minutes tonight

On summer evenings there's no need to spend long in the kitchen with these speedy midweek meals

PHOTOGRAPHS MYLES NEW



## Spanish rice & prawn one-pot

SERVES 4 • PREP 4 MINS • COOK 16 MINS

**Easy** Good source of vitamin C, counts as 2 of 5-a-day, low fat

- 1 onion, sliced
- 1 red and 1 green pepper, deseeded and sliced
- 50g/2oz chorizo, sliced
- 2 garlic cloves, crushed
- 1 tbsp olive oil
- 250g/9oz easy cook basmati rice (we used Tilda)
- 400g can chopped tomatoes
- 200g/8oz raw, peeled prawns, defrosted if frozen

**1** Boil the kettle. In a non-stick frying or shallow pan with a lid, fry the onion, peppers, chorizo and garlic in the oil over a high heat for 3 mins. Stir in the rice and chopped tomatoes with 500ml boiling water, cover, then cook over a high heat for 12 mins.

**2** Uncover, then stir – the rice should be almost tender. Stir in the prawns, with a splash more water if the rice is looking dry, then cook for another min until the prawns are just pink and rice tender.

**PER SERVING** 356 kcal, protein 19g, carbs 59g, fat 7g, sat fat 2g, fibre 4g, sugar 7g, salt 0.85g

**TIP** If you don't want to spend time at the stove you can bake this dish in the oven. Tip the onion, peppers, chorizo, garlic and oil into an ovenproof dish, then bake for 15 mins at 200C/180C fan/gas 6. Stir in rice, tomatoes and water, cover, then bake for another 20 mins, stirring in prawns for the final 2 mins.

Mediterranean  
holiday flavours



## Satisfying summer salad

**Lamb, feta & mint salad**

SERVES 2 • PREP 5 MINS • COOK 15 MINS **Easy**

200g/8oz frozen oven chips  
handful ready-roasted peppers from a jar – choose ones in oil  
2 tsp red wine vinegar  
few mint leaves, half roughly chopped  
2 pinches caster sugar  
85g/3oz feta, crumbled into large chunks  
2 handfuls baby spinach leaves  
1 large lamb steak, trimmed of any fat

**1** Heat oven to 220C/200C fan/gas 7. Spread the chips out onto a baking tray, then bake for 12 mins.

Meanwhile, whisk together 4 tsp oil from the pepper jar with the red wine vinegar, chopped mint, sugar and some seasoning. Roughly tear the peppers into smaller chunks, then put into a large bowl with the feta and spinach leaves.

**2** Heat a griddle or frying pan, brush lamb with a little more oil from the pepper jar, then season. Cook for 2-3 mins on each side, then leave to rest on a board.

**3** Once the chips have cooked for 12 mins, remove the tray from the oven. Cut them in half, toss with 1 tsp more oil from the pepper jar, then roast for another 3 mins. Thinly slice the lamb. Toss the hot crispy chips through the salad with the dressing, arrange on a platter or 2 dinner plates and top with the lamb.

**PER SERVING** 590 kcals, protein 40g, carbs 42g, fat 30g, sat fat 15g, fibre 2g, sugar 5g, salt 2.3g

**TIP** This salad also works well with beef steaks, or for a budget-friendly fish version, use a can of tuna chunks in spring water.

## EVERYDAY

### Falafel tabbouleh with lemon yogurt

SERVES 4 • PREP 5 MINS • COOK 12-15 MINS **Easy** **V** **✓**

High in fibre, good source of iron and vitamin C, counts as 1 of 5-a-day

16 ready-made falafel  
200g/8oz couscous  
2 large lemons, 1 zested, juice of both  
3 tbsp olive oil  
bunch spring onions, finely sliced  
1 cucumber, halved and sliced  
small bunch mint, leaves roughly chopped  
large bunch parsley, leaves roughly chopped  
150ml tub natural yogurt

**1** Cook the falafels according to pack instructions and boil the kettle. Tip the couscous into a large bowl, pour over 325ml boiling water, cover, then leave

to stand for 5 mins until all of the water is absorbed.

**2** Fluff up the couscous with a fork, then stir through the lemon zest, juice from 1½ lemons, olive oil, spring onions, cucumber, mint and three-quarters of the parsley with plenty of seasoning. Tip onto a large platter.

**3** Mix the remaining lemon juice and parsley into the yogurt, then spoon into a small bowl. Scatter the hot falafel over the couscous salad, then serve the yogurt sauce alongside.

**PER SERVING** 478 kcals, protein 14g, carbs 53g, fat 25g, sat fat 4g, fibre 8g, sugar 12g, salt 1.36g

Platter salad for the family to share



New way with mince

### ◀ **SPICE IT UP** **Tabbouleh chicken**

Make salad and dip as left. Rub a **whole chicken** with **50g softened butter** mashed with **2 tsp harissa paste, 1 tsp cumin seeds, 1 tsp coriander seeds** and seasoning. Roast for 20 mins at 200C/180C fan/gas 6, then for 20 mins per 450g/1lb at 180C/160C fan/gas 4.

### **FOR VEGGIES** ▶

#### **Spicy beans**

Fry the onion in 2 tsp oil, then stir in curry powder with **1 tsp cumin seeds**. **Double the lentils**, stir in with the stock, then bubble for 10 mins. Add the tomatoes with a **400g can kidney beans**, drained, then cook for 5 mins. Serve with warm naan.

### **Indian mince with fresh tomato salad**

SERVES 4 • PREP 2 MINS • COOK 18 MINS **Easy** **✓** Good source of iron, counts as 2 of 5-a-day

1 red onion, sliced  
300g/10oz beef mince  
2 tbsp medium or mild curry powder  
100g/4oz dried red lentils  
700ml/1¼pt hot beef stock  
3 tomatoes  
handful coriander leaves  
4 mini naans

**1** In a non-stick frying pan, dry-fry onion and mince over a high heat for 2 mins, breaking up the mince as you go. Stir in the curry powder and lentils, pour in stock, then fiercely simmer for 10 mins.

**2** While the mince is cooking, dice the tomatoes and roughly chop the coriander, then mix together in a small bowl. Put the naans briefly in a toaster to warm through, then pop one on each plate. Spoon a quarter of the mince over each naan, then top with a spoonful of the fresh tomato and coriander salad.

**PER SERVING** 444 kcals, protein 30g, carbs 45g, fat 17g, sat fat 7g, fibre 5g, sugar 6g, salt 1.49g





## Nutty chicken curry

SERVES 4 • PREP 6 MINS • COOK 12 MINS **Easy**

- |  |   |
|--|---|
| 1 large red chilli, deseeded                               | 1 tbsp sunflower oil                        |
| ½ a finger-length piece fresh root ginger, roughly chopped | 4 skinless chicken breasts, cut into chunks |
| 1 fat garlic clove   | 5 tbsp peanut butter                        |
| small bunch coriander, stalks roughly chopped              | 150ml/¼pt chicken stock                     |
|  | 200g tub Greek yogurt                       |

**1** Finely slice a quarter of the chilli, then put the rest in a food processor with the ginger, garlic, coriander stalks and one-third of the leaves. Whizz to a rough paste with a splash of water if needed.

**2** Heat the oil in a frying pan, then quickly brown the chicken chunks for 1 min. Stir in the paste for another min, then add the peanut butter, stock and yogurt. When the sauce is gently bubbling, cook for 10 mins until the chicken is just cooked through and sauce thickened. Stir in most of the remaining coriander, then scatter the rest on top with the chilli, if using. Eat with rice or mashed sweet potato.

**PER SERVING** 358 kcals, protein 43g, carbs 4g, fat 18.9g, sat fat 6g, fibre 1g, sugar 3g, salt 0.66g

## USE UP PEANUT BUTTER

### Banana breakfast smoothie for 2

Blend **2 bananas** with **400ml milk**, **4 tbsp oats**, **2 tsp clear honey** and **1 tbsp peanut butter**.

### Satay beef skewers for 4

Thread **500g beef strips** onto 8 skewers, then brush with a **little oil**. Mix **3 tbsp peanut butter** with **150ml tub natural yogurt**, a **squeeze of lime juice** and a **finely diced red chilli**. Grill or griddle the skewers for 2-3 mins, turning, until cooked through. Serve with the satay dipping sauce, rice and a salad.

### Prawn & noodle salad for 1

Whisk together **2 tsp peanut butter**, **2 tsp sweet chilli sauce** and **2 tsp lime juice**, then heat through in a frying pan with **150g straight-to-wok ricenoodles**, a **handful cooked prawns**, a **handful beansprouts** and a **handful coriander leaves**.

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## The healthy ingredient

# Tofu

Protein-rich, tofu can replace meat in many dishes, so it's really useful for vegetarians says health expert *Natalie Savona*

GOOD  
FOR  
YOU

Tofu originated in Asia and is made from soya milk curds, then pressed into bricks of varying consistencies, from firm to soft, or silken. As it provides such good amounts of protein (about two-thirds of that in egg, weight for weight) tofu is valuable as part of a vegan or vegetarian diet. It also contains isoflavones and sterols, useful for relieving menopausal symptoms, reducing prostate cancer risk and lowering cholesterol.

However, soya has also been linked to infertility and a risk of thyroid problems, so the divergent claims mean it's best to eat it in moderation and choose better-quality products.

Tofu adds texture rather than flavour, but will take on the flavour of whatever it is cooked with, so try incorporating small cubes of firm tofu in full-flavoured recipes, such as a stir-fry, Thai soup or curry. Silken tofu can be used in savoury dishes, as in this recipe, or to create dairy-free, low-fat puddings.

### Tofu & spinach cannelloni

SERVES 6 • PREP 25 MINS • COOK 1 HR Easy Superhealthy

Good source of iron, counts as 2 of 5-a-day

2 tbsp olive oil  
1 onion, chopped  
3 garlic cloves, finely chopped  
2 x 400g cans chopped tomatoes  
50g/2oz pine nuts, roughly chopped  
400g bag spinach  
pinch grated nutmeg  
349g pack silken tofu  
300g pack fresh lasagne sheets  
4 tbsp fresh breadcrumbs

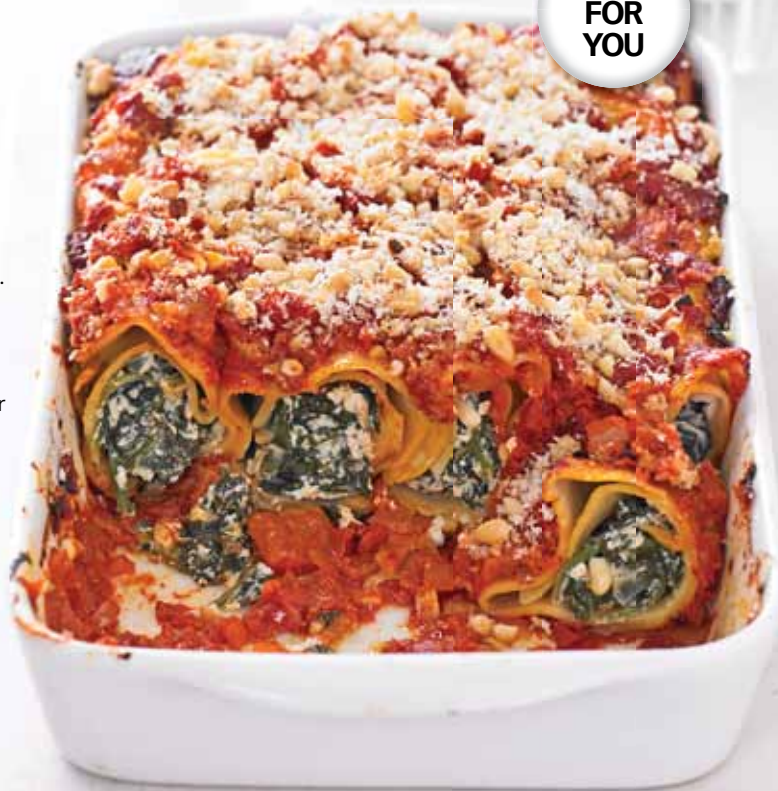
**1** Heat half the oil in a pan, add onion and 1/3 of the garlic and fry for 4 mins until softened. Pour in tomatoes, season and bring to the boil. Reduce heat and cook for 10 mins until sauce thickens.  
**2** Heat half remaining oil in a frying pan and cook another 1/3 of garlic for 1 min, then add half the pine nuts and the spinach.

Wilt spinach, then tip out excess liquid. Whizz tofu in a food processor or with a hand blender until smooth, then stir through the spinach with the nutmeg and some pepper. Remove from the heat; allow to cool slightly.

**3** Heat oven to 200C/180C fan/gas 6. Pour half tomato sauce into a 20 x 30cm dish. Divide spinach mix between lasagne sheets, roll up and lay on top of sauce. Pour over remaining sauce. Bake for 30 mins.

**4** Mix crumbs with remaining garlic and pine nuts. Sprinkle over top of dish, drizzle with remaining oil and bake for 10 mins until crumbs are golden.

**PER SERVING** 284 kcals, protein 13g, carbs 30g, fat 13g, sat fat 2g, fibre 4g, sugar 6g, salt 0.65g



### 4 REASONS TO EAT IT

- Rich in protein
- Low fat
- Helps to lower cholesterol
- Can relieve menopausal symptoms

### TWO MORE QUICK IDEAS

#### Raspberry tofu mix

Whizz **349g pack silken tofu** with **zest and juice 1 lime** and **50g icing sugar** in a food processor until smooth. Mash **150g punnet raspberries** with a fork until juicy, then ripple through the tofu mix.

#### Tofu, pea & potato frittata

Heat **2 tbsp curry paste** in a frying pan, add **1 sliced onion** and cook for 4 mins until softened. Stir in **200g cooked, diced potato** and **100g frozen peas**. Cook for 4 mins until warm. Crumble **349g silken tofu** into **2 beaten eggs**, pour over potato mix and cook for 8-10 mins until set. Flash under a hot grill until bubbling.



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AND EXPIRY DATE PRINTED ON SEAL



EVERYDAY

# COOKING WITH POMEGRANATES

Pomegranates or *anar* in Arabic have jewel-like seeds that are found in abundance in Middle Eastern cooking. If you've never known what to do with them, try these wonderful dishes from *Ghillie Basan*

PHOTOGRAPHS **PETER CASSIDY**



## **POMEGRANATES**

Native to Iran and Turkey, tangy, juicy pomegranates are now grown all over the Middle East, the Mediterranean and India. When choosing pomegranates, look for fruit that is taut with a shiny blush. You will either use only the seeds, or you may need pomegranate syrup. To extract the seeds, cut the fruit into quarters, from the flower end to the stem, then pull back the skin to release the seeds. Peel off the white membrane and pop the seeds into a bowl. To extract the juice, halve the fruit around the middle and squeeze the halves on a lemon squeezer.

food styling ANNIE RIGG | styling SUE ROWLANDS | healthy benefits KERRY TORRENS



## Jewelled rice

SERVES 4 AS A SIDE DISH **Easy**   PREP 25 MINS COOK 20-30 MINS

*Delicious with roasted or grilled meats, this dish is also good served with roasted squash or pumpkin.*

350g/12oz long grain rice, well rinsed and drained

2 tbsp olive oil

small knob butter

pinch saffron strands

1 tsp coriander seeds

2 tbsp pine nuts

zest ½ orange

2 tbsp shelled pistachio nuts

seeds from 1 pomegranate

handful each basil, mint, and coriander leaves, chopped

1 lemon, cut into wedges, to serve

**1** Put the rice into a wide heavy-based pan and cover with just enough water to sit about 1cm above the grains. Season with salt, then bring the water to the boil, reduce the heat and simmer until all the water has been absorbed, about 10 mins. Turn off the heat, cover the pan, and leave the rice to steam for 10 mins until it is cooked, but still has a bite to it.

**2** In another large heavy-based pan, heat the oil with the butter. Stir in the saffron,

coriander seeds and pine nuts. Cook for 1 min, then add the orange zest and pistachio nuts. Stir in the pomegranate seeds and tip in the rice. Mix well. Season to taste, then stir in the herbs. Put in a serving dish and serve with the lemon wedges.

**PER SERVING** 527 kcalories, protein 9g, carbohydrate 83g, fat 20g, saturated fat 5g, fibre 2g, added sugar none, salt 0.35g

Tastes as good as it looks





## EVERYDAY

### Chicken casserole with pomegranate syrup

SERVES 4 **Easy**  PREP 15 MINS COOK 30-40 MINS

*This tasty casserole can be cooked on the hob or in the oven, and also works with duck or rabbit.*

5 garlic cloves, chopped  
1 red chilli, deseeded and chopped  
2 tbsp plain flour  
2 tsp ground turmeric  
8 chicken thighs, skin on, bone in  
2-3 tbsp olive oil  
few sprigs thyme  
2 red onions, roughly chopped  
150ml/¼pt dry grape juice  
2-3 tbsp pomegranate syrup  
1 medium-sized sweet potato, peeled and cut into bite-sized pieces  
410g can butter beans, rinsed and drained  
300ml/½pt chicken stock  
bunch flat-leaf parsley, coarsely chopped, to serve

**1** Using a mortar and pestle or a small food processor, grind the garlic and chilli to a coarse paste, then set aside. Mix the flour and turmeric on a plate and roll the chicken in to coat, shaking off the excess. Heat the olive oil in a heavy-based frying pan and brown the

chicken thighs for about 5 mins each side. Remove from the pan and set aside.  
**2** Add the garlic and chilli paste to the pan and cook until fragrant. Stir in the thyme and onions and cook for 5 mins or until the onions begin to soften. Pour in the sherry, let it bubble, then add the pomegranate syrup. Stir, scraping the bottom of the pan to release any crusty bits. Add the sweet potato and butter beans, then pour in the stock.  
**3** Return the chicken thighs to the pan, making sure that they are almost submerged in the liquid, adding some water if necessary. Bring the liquid to the boil, reduce the heat, cover the pan and cook gently for about 30 mins, until the chicken is tender. Season to taste and sprinkle with the chopped parsley to serve.


**PER SERVING** 934 kcalories, protein 62g, carbohydrate 36g, fat 56g, saturated fat 16g, fibre 5g, added sugar 4g, salt 1.58g

Feel-good supper in  
under one hour



Simple good-for-you treat

### Aromatic fruit & nut compote

SERVES 4 **Easy**  PREP 15 MINS COOK 10 MINS

**Superhealthy** – source of vit C and folic acid

*There's nothing better than a revitalising compote. Try it with yogurt for breakfast or as a simple pud.*

140g/5oz each dried stoned dates and apricots, halved  
140g/5oz golden sultanas  
100g/4oz blanched almonds  
600ml/1pt orange juice  
1 tbsp orange blossom water, optional  
1 pomegranate, one half juiced, seeds from other half  
2 tbsp clear honey  
handful mint leaves, to serve

**1** Put the dried fruit and almonds into a pan and cover with the orange juice, orange blossom water, if using, pomegranate juice and honey. Warm the mixture over a moderate heat for 10 mins until the dried fruit is soft, but not pulpy. Remove from the heat and allow to cool. Will keep in the fridge for up to 3 days.

**2** Before serving, stir in the pomegranate seeds, and mint leaves if using. This tastes great either chilled or at room temperature with a dollop of thick yogurt, crème fraîche, or clotted cream.

**PER SERVING** 499 kcalories, protein 10g, carbohydrate 87g, fat 14g, saturated fat 1g, fibre 8g, added sugar none, salt 0.1g





# إفطار رمضان في فندق راديسون بلو، دبي ميديا سيتي Iftar at Radisson Blu Hotel, Dubai Media City

Break your daily fast and spend more quality time with your family and friends this holy month of Ramadan at the Radisson Blu Hotel, Dubai Media City.

During this month of blessing, Chef's House welcomes you with a delicious array of traditional Iftar Buffet at sundown for only **AED 99** per person or **AED 119** including fresh juices, coffee and tea.

For private or group Iftar bookings, corporate packages are available on request.

**Ramadan Kareem.**

تناول إفطارك اليومي وامض أمتع الأوقات مع العائلة والأصدقاء خلال شهر رمضان المبارك في فندق راديسون بلو، دبي ميديا سيتي.

مطعم شيف هاوس يرحب بكم خلال هذا الشهر الفضيل مع أشهى أطباق رمضان التقليدية والمتنوعة بنظام البوفيه ابتداءً من الغروب مقابل **٩٩ درهم** للشخص الواحد فقط أو **١١٩ درهم** تشمل العصائر، القهوة والشاي.

تتوفر عروض خاصة عند الحجز للمجموعات.  
**رمضان كريم!**

رمضان كريم

  
Chef's  
House

للحجز والاستعلام يرجى الإتصال على ٠٤ ٣٦٦ ٩١١١  
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For bookings or more information, please call **04 366 9111**  
or email [chefshouse.mediacity.dubai@radissonblu.com](mailto:chefshouse.mediacity.dubai@radissonblu.com)



EVERYDAY

# Eat well all week

Health food writer Lyndon Gee's recipes are just what you're looking for – simple, satisfying midweek meals

PHOTOGRAPHS **AMANDA HEYWOOD**



## Bean enchiladas

SERVES 4 • PREP 10 MINS • COOK 30 MINS **Easy** **V** **Superhealthy** High in fibre, good source of iron, calcium and vit C, counts as 4 of 5-a-day

- 1 tsp olive oil
- 2 onions, chopped
- 280g/10oz carrot, grated
- 2-3 tsp chilli powder (mild or hot, according to your taste)
- 2 x 400g cans chopped tomatoes
- 2 x 400g cans pulses in water, drained (we used mixed beans and lentils)
- 6 small wholemeal tortillas
- 200g/7oz low-fat natural yogurt
- 50g/2oz extra-mature cheddar cheese (or veg alternative), finely grated

**1** Heat the oil in a large frying pan. Cook the onions and carrots for 5-8 mins until soft – add a splash of water if they start to stick. Sprinkle in the chilli powder and cook for 1 min more. Pour in the tomatoes and pulses

and bring to the boil. Turn down the heat and simmer for 5-10 mins, stirring occasionally, until thickened. Remove from the heat and season well.

**2** Heat grill to high. Spread a spoonful of the bean chilli over a large ovenproof dish. Lay each tortilla onto a board, fill with a few tbsp of chilli mixture, fold over the ends and roll up to seal. Place them into the ovenproof dish. Spoon the remaining chilli on top.

**3** Mix the yogurt and grated cheese together with some seasoning, and spoon over the enchiladas. Grill for a few mins until the top is golden and bubbling. Serve with a green salad.

**PER SERVING** 430 kcals, protein 23g, carbs 60g, fat 13g, sat fat 4g, fibre 15g, sugar 17g, salt 1.36g

**5**  
FEELGOOD  
RECIPES



## Basque-style salmon stew

SERVES 4 • PREP 10 MINS •

COOK 25 MINS **Easy** **V** **Superhealthy**

Heart healthy, good source of omega-3 and vit C, counts as 3 of 5-a-day

- 1 tbsp olive oil
- 3 mixed peppers, deseeded and sliced
- 1 large onion, thinly sliced
- 400g/14oz baby potatoes, unpeeled and halved
- 2 tsp smoked paprika
- 2 garlic cloves, sliced
- 2 tsp dried thyme
- 400g can chopped tomatoes
- 4 salmon fillets
- 1 tbsp chopped parsley, to serve (optional)

**1** Heat the oil in a large pan and add the peppers, onion and potatoes. Cook, stirring regularly for 5-8 mins until golden. Then add the paprika, garlic, thyme and tomatoes. Bring to the boil, stir and cover, then turn down heat and simmer for 12 mins. Add a splash of water if the sauce becomes too thick.

**2** Season the stew and lay the salmon on top, skin side down. Place the lid back on and simmer for another 8 mins until the salmon is cooked through. Scatter with parsley, if you like, and serve.

**PER SERVING** 414 kcals, protein 33g, carbs 29g, fat 19g, sat fat 4g, fibre 5g, sugar 11g, salt 0.33g



## Baked chicken masala with almond pilaf

SERVES 4 • PREP 15 MINS • COOK 35 MINS **Easy** Pilaf can be frozen **Superhealthy**  
High in fibre, good source of iron and vit C, counts as 2 of 5-a-day, low fat

250g/9oz brown basmati rice  
2 heaped tsp turmeric  
5 tsp medium curry powder  
2 tbsp flaked almonds  
6 tbsp low-fat natural yogurt  
2 large skinless chicken breasts (about 500g/1lb 2oz), cut into chunks  
8 medium tomatoes, halved  
2 large red onions, thinly sliced  
½ small bunch coriander, leaves picked

**1** Heat oven to 220C/200C fan/gas 7. Put the rice in a saucepan with 600ml water, 1 heaped tsp turmeric, 1 tsp curry powder and some salt. Bring to the boil, stir, cover, turn heat to low and cook for 30 mins, or until

tender. Try not to take the lid off during cooking. Remove from heat and leave covered for 5 mins. Add the almonds, and fluff with a fork.

**2** Meanwhile, mix 2 tsp curry powder, the remaining turmeric, 2 tbsp yogurt and seasoning. Add chicken and toss to coat.

**3** Toss the tomatoes and onions in a roasting tray with the rest of the curry powder, then nestle in the chicken pieces. Bake for 15-20 mins until the chicken is cooked through and the veg are soft. Scatter over the coriander and serve with the rice and remaining yogurt.

**PER SERVING** 459 kcs, protein 41g, carbs 61g, fat 7g, sat fat 1g, fibre 6g, sugar 11g, salt 0.42g

Healthier than a curry,  
but just as satisfying



## Sesame & honey tofu with rice noodles

SERVES 4 • PREP 15 MINS • COOK 30 MINS **Easy** **Superhealthy**  
High in fibre, good source of iron, calcium and vit C, counts as 2 of 5-a-day, low fat

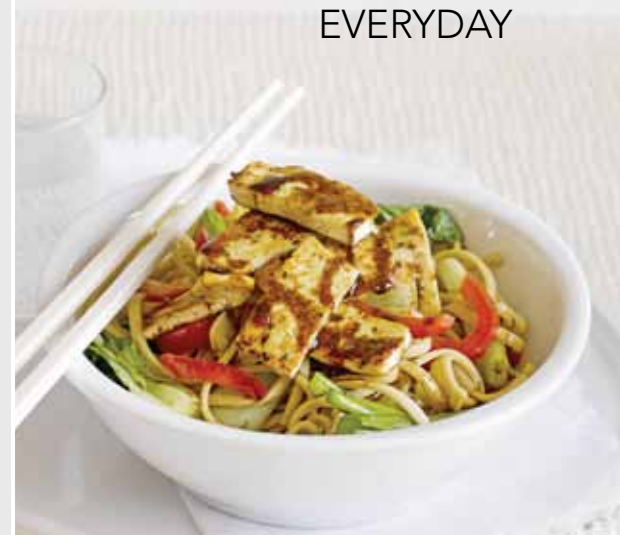
2 tbsp toasted sesame oil  
396g pack firm tofu, cut into sticks 1cm x 3cm, and patted dry  
150g/5½oz dried brown rice noodles  
1 tbsp tamari (gluten-free soy sauce)  
2 tsp Chinese five-spice  
1 tbsp clear honey  
1 red pepper, thinly sliced  
1 bunch spring onions, cut into fingers  
2 heads pak choi (about 200g/7oz), washed and leaves separated

**1** Heat half the oil in a frying pan over a medium heat. When hot, add the tofu and cook for 5 mins on one side. Turn, then fry for another 3 mins. Continue cooking for 10 mins more, turning regularly – make sure you scrape up any bits that are stuck. Don't worry if it falls apart a little, these pieces become crispy. Remove to a plate and keep warm.

**2** Meanwhile, cook the noodles following pack instructions. Drain and set aside. Make the dressing by mixing ½ tbsp oil, tamari, five-spice and honey.

**3** Heat the remaining ½ tbsp sesame oil in the frying pan and cook the pepper for 1 min, then add the onions and pak choi. Toss together for 3 mins, until just wilted. Add the noodles and half the dressing and mix well. Heat through and divide between 4 bowls. Top with the tofu and drizzle remaining dressing over.

**PER SERVING** 297 kcs, protein 12g, carbs 40g, fat 11g, sat fat 2g, fibre 3g, sugar 9g, salt 1.22g



# Eat good, feel good!



This Ramadan, create delicious Middle Eastern dishes with gorgeously-smooth and creamy **Milco** yoghurt. Using only the finest ingredients, this yoghurt is very nutritious, and rich in protein and calcium too



## Roasted tomato, halloumi and quinoa salad

SERVES 4 • 40 MINUTES • **Easy**

*Quinoa (pronounced KEEN-wah) is similar to couscous with a little more bite. Find it in health food shops and large supermarkets in the rice and grains section.*

4 tomatoes  
1/2 small red onion, finely sliced  
1 tbsp red wine vinegar  
olive oil  
1 tsp ground cumin  
100g quinoa  
1 x 250g block halloumi, sliced  
a handful of parsley leaves  
pitta bread and natural Milco yoghurt to serve

**1** Heat the oven to 220C/fan 200C/gas 7. Put the tomatoes on a baking tray, drizzle with 1 tbsp olive oil and season. Roast for 25 minutes until the edges are frizzled. Put the

onion, vinegar, 1 1/2 tbsp olive oil and cumin in a bowl with lots of seasoning and toss.

**2** Cook the quinoa following pack instructions, drain well then toss with the onion and dressing. Grill the halloumi until golden. Toss the parsley and tomatoes with the quinoa then top with slices of halloumi and serve. Serve with pitta bread and yoghurt for a more substantial meal.

**PER SERVING** 696 kcs, protein 33g, carbs 36.7g, fat 47.4g, sat fat 19.9g, fibre 2.4g, salt 4.46g

### MILCO's tip to good health

Dips can be high in fat, so swap to yoghurt-based versions, instead of those made with soured cream or mayonnaise. If you're having some fries over, simply stir some chopped coriander and a few twists of black pepper through Milco plain yoghurt for a tasty low-fat dip for crisps or crudites.







## Griddled courgette, chicken and lentils with mint yoghurt

SERVES 2 • 25 MINUTES • Easy

100g Puy lentils  
1 cube chicken stock, crumbled  
4 chicken thighs, sliced into strips  
olive oil  
1/2 tsp garam masala  
2 courgettes, sliced into strips  
1 garlic clove, crushed  
1/2 small bunch coriander, chopped  
1/2 lemon, juiced  
75ml Milco natural yoghurt  
1 tsp mint sauce

**1** Simmer the lentils with the stock cube, in enough water to cover, until tender. Drain. Meanwhile heat a griddle (chargrill) to high.

**2** Toss the chicken with 1 tsp olive oil, then the garam masala. Toss the courgette strips with 1 tsp olive oil and the garlic and season. Griddle the chicken and courgettes on both sides until tender and cooked through.

**3** Toss the lentils, chicken, courgette, coriander and lemon juice together. Mix the yoghurt with the mint sauce and drizzle over.

**PER SERVING** 406 kcs, protein 55g, carbs 30.8g, fat 7.8g, sat fat 2.3g, fibre 5.6g, salt 2.62g

## Tomato and tamarind soup

SERVES 4 • 30 MINUTES • Easy

Find tamarind paste in Asian food shops or in the spice section of your supermarket.

3 garlic cloves, chopped  
thumb-sized piece root ginger, chopped  
2 green chillies, chopped  
1 tsp ground cumin  
1 tsp ground coriander  
small bunch coriander, stalks and leaves separated  
50g red lentils  
2 x 400g tin chopped tomatoes  
500ml vegetable stock  
1 tbsp tamarind paste  
4 tbsp Milco natural yoghurt

**2** Add the spices and cook for a couple of minutes, then add the coriander stalks, lentils, tomatoes and stock. Bring to a simmer and stir in the tamarind paste. Simmer for 20 minutes until the lentils are tender, then blend until completely smooth.

**3** Chop the coriander leaves and mix together with the yoghurt. Swirl into the soup before serving.

**1** Heat 1 tbsp oil in a large pan. Cook the garlic, ginger and chilli for 3 minutes until fragrant.

**PER SERVING** 107 kcs, protein 7.4g, carbs 17.9g, fat 1.2g, sat fat 0.1g, fibre 3.3g, salt 0.61g



# After sunset feasts

With the holy month of Ramadan upon us this month, top Arab chefs from across the UAE have chosen special dishes to enjoy for Iftar and Suhoor

## FROM TURKEY

The newly appointed Turkish chef Mehmet Koyuncu of Ottomans, Grosvenor House Dubai has created two exclusive Turkish recipes for us this Ramadan. The essence of authentic Ottoman cuisine includes the beautiful combination of sweet and savoury, as many meat dishes contain fruit, nuts and sauces made from pomegranate or apricots. Chef Mehmet's lamb dish is slow-cooked and served with hazelnut sauce and lightly caramelised pears.



Chef Mehmet Koyuncu

*Findik soslu kuzu kafesi -  
Lamb rack with hazelnut sauce*



## Findik soslu kuzu kafesi

LAMB RACK WITH HAZELNUT SAUCE

300 to 400g whole rack of lamb  
pinch of salt  
black pepper powder, to taste  
3 sprigs rosemary  
2 cloves garlic, crushed  
150ml beef stock  
10ml olive oil

### ACCOMPANIMENTS

a slice of pear, peeled and glazed with  
sugar and cherry juice  
slice of boiled potato  
5g pistachio powder  
10g roasted almond flakes  
pinch of salt  
rosemary, to garnish  
pinch of white pepper powder

### HAZELNUT SAUCE

2 tsp hazelnut paste  
1 cup beef stock  
2 tsp tomato paste  
salt, to taste  
1 clove garlic, crushed  
ground pepper corns, to taste

### FOR THE HAZELNUT SAUCE

**1** Bring the beef stock to the boil until the stock thickens. Stir in the hazelnut paste, tomato paste, crushed garlic and season.

### FOR THE LAMB

**1** Remove any fat from the lamb rack and clean the bone.

**2** Marinade the rack of lamb in a mixture of salt, black pepper, rosemary, garlic, olive oil and leave in the fridge for an hour.

**3** Roll the lamb rack and tie with some string, then cook the rack of lamb in a preheated oven (300 degrees), until the colour begins to change, then remove the rack and cook it in the hazelnut sauce. Cover with aluminum foil

**4** Reduce the heat to 180 degrees and cook the rack for a further 15 minutes in the sauce.

**5** Remove the rack of lamb from the oven and serve on bed of mashed potato, accompanied by almond, pistachio. Add the garnish and accompaniments.

## FROM JORDAN

*Jordanian chef Ashraf Hania recently joined the Kempinski Mall of the Emirates culinary brigade as Arabic Head Chef. Overseeing the Middle Eastern cooking within Sezzam, Aspen and KGrill, Chef Ashraf says his love for cooking was inspired by his mother and that classic Levantine dishes continues to be his favourite cuisine to cook and eat. Chef Ashraf shares some traditional Middle Eastern dishes with us.*



Chef Ashraf Hania

## Taboulleh

150g chopped parsley  
25g chopped onion  
25g chopped tomato  
10g burgul (cracked wheat)  
10ml lemon juice  
20ml olive oil  
5g salt  
2 pcs romaine lettuce

**1** In a large mixing bowl, mix all the ingredients together and add the lemon juice, olive oil and season to taste. Keep in the chiller for a while to strengthen the flavour.

**2** Decorate with romaine lettuce and lemon wedges.



## Moutabel

3 medium-sized aubergines  
50g tahini (sesame) paste  
3 garlic cloves, crushed  
1-3 green chilli peppers, roughly chopped (optional)  
3 tbsp olive oil  
4 tbsp lemon juice  
sea salt and black pepper

**1** Preheat the oven to 400F/200C/fan 180/gas 6. Prick the eggplants several times with a fork before placing on a lightly oiled baking sheet. Roast in the oven for 30 mins or until the skin is charred and the flesh tender. Leave to cool.

**2** Once cool enough to handle, peel the skin from the aubergine and discard. Squeeze the excess water out from the flesh.

**3** Place the tahini, garlic and chilli peppers into the blender and blitz briefly. Add the eggplant and olive oil, season with salt and pepper and blend to a puree.

**4** Scrape the puree into a serving bowl, stir in the lemon juice and serve.



## PHILIPS BLENDER

### The Philips HR2094 Professional Blender

is a simple yet stylish blender that is powered with a 750W motor for superior blending. Preparing this Moutabel has never been easier with its multi-speed dial and pulse function!





## Lamb mansaf

*"Mansaf is the most traditional dish in Jordan, enjoyed for every celebration. It is succulent, slow-cooked, marinated lamb, yellow rice (turmeric), yoghurt broth and shak bread. Eaten traditionally standing up, with your right hand, I hope you enjoy!" says Chef Ashraf.*

250g jameed (aged yoghurt)  
250ml shaneenah (thin, drinking yoghurt)  
2kg lamb shank  
3l lamb stock  
250g plain sheep yogurt  
5g turmeric powder  
1.5kg short grain rice  
2 pcs shak bread or Arabic flat bread  
10g roasted pine nuts  
10g chopped parsley  
50g ghee  
5g cardamom seeds  
100g white onion (cut into half)  
2g bay leaves  
2g mesteka (plant resin/gum)

**What is jameed?** *Jameed is a hardened, dry yoghurt made from goat's milk. Milk is kept in a fine, woven cheesecloth and salt is added daily to thicken the yoghurt further. After a few days of salting the yoghurt, it becomes very dense and it can be removed from the cheesecloth and shaped into round balls. It is then set to dry.*

### FOR THE LAMB

- 1 Break the jameed stone and soak in a cold water overnight. Once soaked, crumble up the jameed using your hands.
- 2 Place the lamb meat in the cold jameed

water. Then place in a heavy-bottomed pot on the stove, simmer and skim. Add the salt, cardamom, bay leaves and onion and bring to boil until the meat is tender.

**3** Mix the jameed mixture with the yoghurt and the shaneenah, and pass it through a fine sieve.

**4** In a heavy pot, put all the ingredients and keep stirring until the yoghurt mixture starts to boil, and then add the lamb stock, ghee, ground mesteka and lamb meat. Boil for another 10 to 15 mins and set aside.

### FOR THE RICE

**1** Heat a heavy-bottomed pot and add the ghee, rice, turmeric powder and water to cover.

**2** Season the rice, mix through and add lamb stock. Bring to boil for 3 mins and cover.

**3** Bring down the heat to a very low temperature for 30 mins or until the rice is cooked. When done, stir ghee through the rice.

**4** In a large round tray place the shak bread in the bottom add little amount of yoghurt sauce. Put the rice on the top of the bread and place the lamb on the top of the rice. Garnish the dish with chopped parsley and fried pine seed. And as always, Jordanians serve this dish with passion and love.



Chef Moatesem Al Asmi

### FROM THE UAE

*Chef Moatesem Al Asmi, the Arabic chef of Mazina, The Address Dubai Marina has created a delicious dish that is popular in the UAE during Ramadan. A light, tasty dish packed with vegetables, this will be a fantastic way to break the fast and keep hydrated.*



Photography: PRATIK GAIKWAD

## Machboos rice with shrimps

### SERVES 4

6 to 8 shrimps  
500g basmati rice  
100g mix of capsicum and onion cubes  
1 tbsp ghee  
1 tsp chopped garlic  
1 tsp chopped ginger  
1 tsp salt  
1 tsp white pepper  
1 tsp turmeric  
1 tbsp chopped coriander

**1** Wash the rice and keep in the water for half an hour.

**2** Sauté all the vegetables in ghee, in a pot, put the prawns and the spices, and half of the chopped coriander. Pour the water. And when it gets boiled strain the rice and put it in the boiling water. Cover the pot and cook further till the rice cooked.

**3** Serve the rice with the shrimps with chopped coriander on top.

*Note: Adjust the amount of water according to the amount of rice. You can garnish with crispy fried onion and nuts to add a nice crunch.*



## FROM LEBANON

*For a special treat in an opulent setting, Al Nafoorah in Zabeel Saray hotel, The Palm Jumeirah, features an authentic selection of Lebanese cuisine. The rich wood crafted walls and ceilings create a cosy ambience which is further enhanced by Arabic music and live performances six days a week. Chef de cuisine of Al Nafoorah, Hadi Salami created two classic Lebanese dishes, which are easy to create at home, harnessing the simple, delicious flavours of Arabian cooking.*



Chef Hadi Salami

## Lebanese mixed grill

SERVES 1

### LAMB KEBAB

100g lamb fillet, cut into cubes  
75ml corn oil  
salt and freshly ground pepper, to taste  
½ medium-sized tomato, cut into wedges  
½ red onion, cut into wedges

- 1 Season the diced lamb fillet and place in the oil and chill for 8 hours in the fridge.
- 2 Remove from the oil and thread the meat cubes onto long metal skewer and set them aside.
- 3 Switch on your table grill and preheat for about 2 minutes.
- 4 Brush the meat with a little oil, evenly over the kebabs to make sure that the kebabs do not stick.
- 5 Place on the grill and cook for around 6 mins.
- 6 Remove and serve immediately with some garnish.

### SHISH TAOUK

75g chicken breast  
**FOR MARINATING:**  
10g garlic puree  
3ml corn oil  
¼ medium-sized lemon  
¼ tsp tomato paste  
salt, to taste  
white pepper, to taste  
¼ tsp white vinegar  
¼ tsp paprika  
½ tsp sweet pepper paste

### MARINADE

- 1 In a mixing bowl place the garlic, corn oil and vinegar, mix thoroughly.
- 2 Add the lemon juice, tomato paste, sweet pepper paste, white pepper and paprika.
- 3 Mix thoroughly until the ingredients are combined well.

### CHICKEN

- 1 Cut the chicken in to cubes place in a bowl then add the marinade to it.
- 2 Allow to marinate for at least 8 hours – then remove from the marinade.
- 3 Place the skewer on your grill and cook for 7 to 8 mins until a reddish-brown colour.

### KOFTA KABAB

100g minced lamb shoulder  
30g white onion, finely chopped  
10g parsley, finely Chopped  
salt and freshly ground pepper to taste

- 1 Combine all the ingredients in a bowl and mix together well.
- 2 Spread this mixture onto a long metal skewer using a wet hand to press each ball along the length of the skewer.
- 3 You need to press it into a cylindrical shape to make the oriental style kebab; making the kebab about 10cm long.
- 4 When the ball is pressed onto the kebab skewer, brush with oil evenly over the kebab to ensure it does not stick to the grill.
- 5 Ensure that your grill is very hot, and grill evenly for 5 mins.
- 6 Remove and serve immediately with grilled tomato and grilled onion.

### PHILIPS Grill



**This powerful table grill** has a high temperature grill plate to seal in the juicy flavours and nutrients of your vegetables. Place them on the ribbed plate to give them that irresistible flame-grilled effect.



## FROM MOROCCO

Assistant head chef Elmokhtar Assamlal of Tagine, One&Only Royal Mirage created two marvelous Moroccan classics for Ramadan. A slow-cooked, fragrant, fruity tagine and a veggie-packed couscous and will be a wonderful choice for friends and family this Ramadan. Healthy, flavoursome and comforting too.



Chef Elmokhtar Assamlal



### Tagine bel barkook

A traditional lamb tagine with caramelised prunes and sesame seeds.

1kg lamb shoulder, chops or veal  
250g prunes  
50g fried almonds  
1tsp black pepper  
2tsp ginger powder  
1tsp saffron packet and crushed saffron flowers  
1 cinnamon stick  
500g chopped onion  
4tbs honey  
olive oil  
salt  
sprinkling of sesame seeds

- 1 Put the lamb chops, olive oil, onion, cinnamon stick and salt in a thick-bottomed saucepan. Then add ginger, black pepper and 2 glasses of water.
- 2 Cook with the lid on over a moderate heat. Turn the lamb from time to time and then add water if necessary.
- 3 When the lamb is cooked and the flesh comes off the bones in the fingers easily, take off the heat and put to one side.

- 4 Boil the prunes in sauce pan with honey and cinnamon. Keep on heat until there is a lot of syrup.
- 5 Place the lamb in sauce pan with prunes, lamb sauce and little of syrup of the prunes, as required.
- 6 Serve hot with fried almonds and a sprinkling of sesame seeds.

### Couscous bil khodar

Vegetable couscous

500g medium couscous  
30ml Moroccan olive oil  
500g carrots  
500g turnips  
500g white cabbage  
500g courgettes  
200g pumpkin  
500g onion  
500ml Argan oil  
50g chickpeas  
2 tbsp ginger powder  
1 pinch Moroccan saffron  
saffron powder for colouring  
500g tomatoes

a bunch of parsley  
a bunch of coriander  
salt and pepper, to taste  
1 tbsp ras el hanout spice blend

- 1 Peel the carrots and cut lengthwise. Peel the turnips and cut into quarters, cut cabbage into quarters and cut courgettes and onions thinly. Peel the pumpkin and cut into large pieces.
- 2 Put a little dry couscous on a plate and using your fingertips, gradually stir in a little water. Pour some Argan oil into your hand and spread it through the couscous.
- 3 Sautee the onion; add carrots, turnips, chickpeas and cabbage. Season the vegetables with salt, pepper, ginger, saffron and ras el hanout.
- 4 Place the couscous on a pot on the stove, cover with water and bring to the boil. Once the water has been absorbed, place in a strainer for 15 mins.
- 5 Select the setting that suits the pumpkin on the preset timing display and then steam the pumpkin until soft, but still firm.
- 6 Place the couscous in the steaming bowl and steam in two stages for 15 mins at a time. Between the stages, work in a little cold salt water and oil.
- 7 Once the sauteed vegetables are almost cooked, add courgettes, halved tomatoes, parsley and coriander to the pan.
- 8 Once cooked, arrange the couscous into a dome on a serving plate. Place the cabbage and pumpkin on the top and garnish with the other vegetables.



### PHILIPS Steamer

Healthy eating is not just about choosing the right food to eat but also how you cook it. Steaming food is one of the healthiest, most nutritious methods of healthy eating. **The Philips HD9160 Aluminium Steamer** will be your personal helper in the kitchen to prepare the most delicious and guilt-free oriental meals.



# Best tasting fries, without the oil!\*

Only 1.5 grams of fat\*\*



## Introducing the Philips AirFryer. A whole new way to create the best tasting fries without the oil.

With its patented Rapid Air Technology, the Philips AirFryer gives you perfect results every time. The AirFryer cooks and crisps all kinds of food and snacks from 12-minute fries, chicken nuggets and meat to traditional Arabic delights such as kibbeh, sambusak and falafel. So you can enjoy all your family favorites anytime with no guilt or hassle, but with the same indulgent taste of regular fried food. With the Philips AirFryer, food is healthier, more delicious and delightfully simple. [www.philips.ae/airfryer](http://www.philips.ae/airfryer)

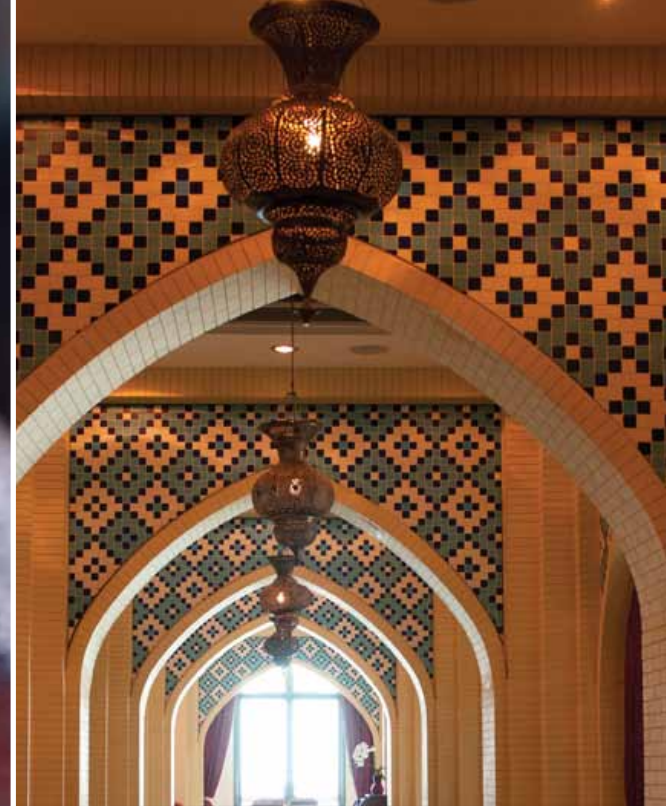


\*For fresh fries add half a table spoon of oil for extra taste. Frozen fries are normally precooked in some oil.  
\*\*Per 100gr of fresh potatoes compared to fries prepared in a conventional Philips fryer

**PHILIPS**  
sense and simplicity

# A taste of Persia

Two of the UAE's top Iranian chefs share their recipes for a traditional Persian feast this Ramadan



*Serajoddin Najari, chef de cuisine of Anar, Emirates Palace Abu Dhabi creates the classic lamb knuckle with green rice, a mixed grill dish that is the national dish of Iran and a cooling faloodeh dessert*



Chef Serajoddin Najari

## Baghali polow ba mahicheh

SERVES 1

130g long grain basmati rice  
450g lamb shank  
80g fresh dill  
50g fresh broad beans  
1 medium onion  
1/3 cup oil  
¼ tsp ground saffron  
salt, white pepper, turmeric powder (to taste)  
80g tomato paste

**1** After washing the rice thoroughly, soak the rice in salted, lukewarm water for 3 to 4 hours. Make sure the rice is covered in water.

**2** Trim the meat of all fat, then wash and drain.

**3** Slice the onion and fry in a little oil until it turns golden brown. Add the meat, salt, pepper, turmeric and tomato paste. Then, add the water and cook over a low heat for 45 mins to an hour until the meat is well done.

**4** Clean and wash the dill, cut away the coarse stems, dry and chop finely.

**5** In a large saucepan bring 4 to 8 cups of water to a rapid boil.

**6** Pour off the excess water from the rice and pour into boiling water. Bring back to boil for 2 to 3 mins.

**7** Test to see if the rice is ready: the grains should be firm in the centre and rather soft on the outside. Add the beans right before you strain the rice. Strain and rinse with lukewarm water. Toss gently in the strainer.

**8** Bring ¼ cup water and 2 to 3 tbs oil to rapid boil. Add layers of rice and dill, interchangeably, and pieces of the meat

randomly while building the rice and dill layers up to a dome shape.

**9** Poke 5 or 6 holes through the rice at the bottom with the handle of a spoon and close the lid. Keep on medium-high heat for 2 to 3 mins until rice is steaming. Heat up ¼ cup of water and 2 tbs oil and pour over the rice. Wrap the saucepan lid in a clean tablecloth and cover the pan firmly. Reduce heat to low and cook for 45 mins to an hour.

**10** After removing from heat, place the saucepan in the sink and run cold water under it to cool down.

**11** Add ¼ tsp saffron to 1 tbs hot water. Lightly mix 2 to 3 tbs of rice with the liquid saffron in a small bowl.

**12** To dish up, gently toss the rice and sprinkle lightly in a dish in a symmetrical mound. Garnish with the saffron rice and fresh dill and broad beans.





## Chelow kabab sultan

*"The national dish of Iran, the meal is simple, consisting of steamed, basmati or Persian rice (chelow) with saffron and kabab, of which there are several distinct Persian varieties. This dish is served throughout Iran today, but was traditionally associated with the northern part of the country," says chef Serajoddin Najari.*

SERVES 4

600g fillet of lamb  
320g lamb shoulder  
3 onions, grated  
6 medium tomatoes  
½ tsp saffron  
10g salt  
3g black pepper  
sumac, to taste

**1** Prepare the marinade: mix onions, saffron, salt and black pepper. Cut the lamb into pieces 1cm thick and 4-5cm long. Marinate overnight (preferably 24 hours) in the refrigerator. Make sure the container is sealed.

**2** Thread lamb on long thin metal skewers to create kabab barg. Thread whole tomatoes separately on another skewer.

**3** Kabab koobideh contains ground meat, onion, salt, pepper, and seasoning. These ingredients are mixed together until the mixture becomes smooth and sticky. The mixture is then pressed around a skewer. The kabab is typically 18 to 20 cm long.

**4** Grill the two varieties of lamb kababs, and the tomatoes, until tender. In Persian restaurants, the combination of one kabab barg and one kabab koobideh is typically called soltani, alluding to a 'sultan's feast.'

## Faloodeh

*Faloodeh is one of the earliest forms of frozen desserts in Iran, with the faloodeh of Shiraz being particularly famous. Faloodeh is the name given to plain vermicelli, which is traditionally made with arrowroot starch and served on top of anar (pomegranate) sauce and sour syrup*

1 cup (200ml) wheat starch (corn flour or starch can be used as a substitute)

3 cups water

a bowl of ice water

rose syrup or sharbat

1 cup water

2 ½ cups sugar

½ cup rose water (or a few drops of rose essence)

**1** For the rose syrup or sharbat, place the sugar and water into a pot and bring to boil. Remove the pot and add the rose water (or few drops of rose essence) to the mixture. Place in a refrigerator to cool.

**2** For making the faloodeh strands (noodles): In a small stove-top pot stir starch into one cup of cold water until dissolved. Keep stirring in the remaining water and place pot over high heat, stirring constantly to make sure the solution gels. This usually happens after 3-5 mins. Remove from heat and set aside for 30 minutes.

**3** Prepare the bowl with ice and ice water and squeeze the starch gel through a cheesecloth over the bowl of cold water. Alternatively, place something with holes such as a steamer insert (not a sieve), over the bowl and push the starch gel through it with a spoon or your hands.

**4** Narrow holes will produce delicate vermicelli-like strands. If the water warms, add ice. Let the starch sit in the ice water for at least 5 mins to firm up. Remove the strands using a finely slotted spoon or by pouring through a sieve.

**5** The faloodeh strands are now ready. In a bowl stir the strands into the rose-water syrup or sharbat and place in the freezer for at least 5 hours, or until firm. Stir sporadically.

**6** The faloodeh/sharbat mixture can be served in a bowl with a sprinkling of pomegranate seeds, a wedge of lime or a squeeze of fresh lime juice.



Faloodeh, made with sugar, rose water and vermicelli is one of the oldest desserts in Iran

## CHEF'S BITES IRAN



*Senior Iranian chef, Heidar Shirazi of Shabestan, Radisson Blu Dubai Deira Creek has been working at the restaurant for over 19 years. One of the oldest Iranian restaurants in Dubai, Shabestan serves top-quality authentic Persian cuisine. Chef Heidar shares a gorgeous, colourful Persian soup with us this Ramadan.*



Chef Heidar Shirazi



### **Ash-e-Reshteh** **Persian spinach** **and noodle soup**

SERVES 4

salt and pepper to taste  
250g mixed vegetables: leeks,  
spinach, coriander, parsley, baby  
leeks  
100g Iranian egg noodles  
80g green lentils  
50g black eyed beans  
20g sliced onions  
1 sap turmeric powder  
20g chopped garlic  
50ml corn oil

- 1** Heat a frying pan and add oil.
- 2** Allow the oil to heat, and add onions and garlic. Allow to sweat.
- 3** Add salt, pepper, turmeric powder and vegetable stock and allow to boil.
- 4** When it starts boiling, add green lentils, chickpeas, black eyed beans and slowly cook until it simmers slowly. Once the chickpeas, black eyed beans and green lentils are 80 percent cooked, add all green vegetables and allow to boil.
- 5** Once boiling, add the egg noodles and allow to cook for 10 mins more. Season to taste.
- 6** Garnish with fried onion, labneh and mint powder.



# The best of the Iftars

Once the sun sets during Ramadan, it is time for gorgeous spreads of Arabian food to laden the tables of restaurants and hotels across the UAE. We choose a few of our favourites

## JUMEIRAH ZABEEL SARAY

This Ramadan, you can enjoy a stylish Iftar at Imperium, Jumeirah Zabeel Saray followed by Suhour at Plaj Marquee. The classic variety of hot and cold mezzeh, soups, main course and desserts will be served.

*AED 175 per person for Iftar at Imperium inclusive of traditional Ramadan beverages. From sunset until 20.30.*

*AED 250 per person for Suhour at Plaj Marquee, including food and beverages, excluding shisha. Suhour from 20.00 to 3.00.*

## AL BUSTAN ROTANA

Enjoy a lavish daily Iftar buffet at Choices Restaurant, showcasing the rich culinary heritage of the Middle East, which extends right into the lobby, which is laden with a spread of traditional dishes complete and Arabic sweets.

*AED 145 inclusive of a refreshing selection of traditional Ramadan drinks, AED 130 per guest, for a minimum of 30 persons.*

## DUBAI CREEK GOLF & YACHT CLUB

Al Sultan tent at QD's offers an exquisite Iftar buffet featuring traditional hot and cold mezzeh, soups and an array of Middle Eastern and international main courses and desserts. Enjoy stunning views of Dubai Creek.

*AED 120 per person (buffet and selected Ramadan beverages), AED 60 per child (between 6 to 12 years). Iftar buffet from 18.00 to 21.00, a la carte Suhour from 21.00 – 01.00. Shisha is available throughout the evening.*

## EMIRATES PALACE, ABU DHABI

Hot and cold mezzeh varieties, gorgeous traditional Persian dishes with walnuts, pomegranates, yoghurt, lamb, and succulent mixed grills; you will experience Iranian cuisine at its best from Anar, Emirates Palace Abu Dhabi.

*AED 175 per person, including soft drinks.*

## KEMPINSKI MALL OF THE EMIRATES

There is a daily, changing Iftar buffet at Sezzam, featuring culinary favourites such as Arabic mixed grill, lamb and okra stew, chicken tagine. Newly-appointed Chef Hania (featured on page 47) and his brigade of Jordanian chefs will be overseeing the Arabic cuisine, ensuring its authenticity at every turn.

*AED 129 per person including soft drinks.*

The most unique Iftar in town, you can enjoy a lavish Iftar set menu in the privacy of ski chalets overlook the slopes of Ski Dubai.

*Bookings can be made for a group of up to 12 guests. The Grand Ski Chalet Iftar package is valued at AED 395 per person.*

## ATLANTIS, THE PALM

The Asateer tent evokes sensations of nostalgia for the golden era of Arabia. Enjoy all the traditional favourites, and new to the tent this year is assorted manakish, Asateer kenafah and even a tahini fountain.

*AED 165 per person, including soft drinks. Children below the age of three years are admitted free, children between three and 12 years of age pay AED 80 per person.*

## JUMEIRAH BEACH HOTEL

Located on the shoreline of Jumeirah Beach Hotel, Diwan Al Khayal is a beautiful venue to experience authentic Arabian hospitality. Savour a sumptuous array of cuisines during Iftar.

*AED 170 per person including soft drinks. 50 percent discount for children age four to 12, children below four years dine for free.*

## IBN BATTUTA GATE

The Ramadan buffet at Al Bahou will feature an array of traditional Arabic dishes with a distinctive Moroccan flavour. There will be live music from oud and tabla players.

*The Ramadan buffet in Al Bahou is set at AED 140 per person, including Ramadan juices.*



Diwan Al Khayal, Jumeirah Beach Hotel



Dubai Creek Golf & Yacht Club



Asateer Tent, Atlantis, The Palm



Kempinski Mall of the Emirates



This is the time for creamy Umm Ali. Arabian pastry connoisseur Aaron Maree shares his recipe for this popular Iftar classic

- 1 Bake the puff pastry in advance until it is golden brown and well baked throughout.
- 2 Allow to cool to crispy (preferably bake the day before).
- 3 Crush the puff pastry into small pieces.
- 4 In a saucepan bring the milk and sugar to the boil. Remove immediately from the heat.
- 5 Place the white raisins and the flaked almonds together in a bowl with the crushed puff pastry and toss to ensure they are all evenly distributed.
- 6 Place half of the mixture into the base of an oven proof dish.
- 7 Ladle over half of the milk mixture.

Sprinkle the remaining puff pastry mixture and gently ladle over the remaining milk ensuring that all the puff pastry is coated and absorbs some milk.

#### TO MAKE THE TOPPING

- 1 In a bowl of an electric mixer place the cream and the icing sugar and whisk until firmly whipped.
- 2 Place into a piping bag and pipe on top of the Umm Ali in circles starting in the centre and piping outwards in circles.
- 3 Place into a hot oven at 210 degrees Celsius to bake until the cream has taken on a golden brown colour (approximately 15 minutes).

#### TO FINISH

Remove and sprinkle with roasted flaked almonds, dust with icing sugar and serve immediately.

## Umm Ali

Many ask the question "which came first the chicken or the egg?", but in pastry I have found myself asking "what came first Umm Ali or bread and butter pudding?" That is how closely related these two dishes truly are.

Layers of flaky puff pastry, sprinkled with raisins and almonds covered with scalded milk and baked until a golden brown glaze forms on the whipped cream topping. It can be found all throughout the Middle East and is a favourite of the traditional dishes for it is light, tasty and delicious. Buffets can serve this hot or cold and it even makes for a great a la carte Middle Eastern dessert.

Made according to tradition it is far too wet to remove from the bowl, unlike the possibility of a English bread and butter pudding, but one thing is for certain, no matter which one came first, they are both as delicious as the other.

#### MAKES 3-4

(Depending on the size of the bowl)

1 ½ full sheets (600mm x 400mm)

of puff pastry baked well (if individual portions, approx.

80g baked puff pastry per bowl)

100g white raisins (kismis)

100g almonds, roasted flaked

1500ml milk

250g granulated sugar

#### TOPPING

200g cream

20g icing (powdered) sugar

#### TO FINISH

Almonds for decoration; icing sugar for decoration





### Children's Ramadan Countdown Calendars

Countdown to Eid El Fitr, and let your kids open a little door in the calendar at sunset to reveal a milk chocolate.

AED 290, available at supermarkets in the UAE



### Milk and Honey chocolate delights

From lovely fondue pots to organic slabs, Milk and Honey has a range of delectable chocolate goodies. Milk and Honey is located on Palm Jumeirah.



### Kareem family chest

Bateel has some gorgeous gift hampers available. Decorated beautifully, this Kareem chest, in a variety of sizes is packed with dates, chocolates, preserves and more...

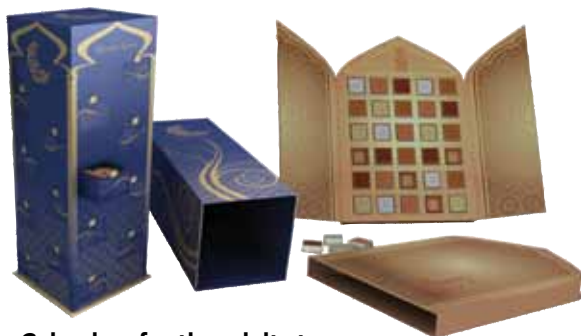


## Gorgeous Ramadan gifts



### Sprungli chocolate boxes

A treasure chest of lovely chocolates, this will be a fantastic gift for friends and family.



### Calendars for the adults too

OhKaye has also created fun countdown calendars for adults. Beautifully designed, we think these would make a fab corporate gift. Priced from AED 290.

## Arabian flavours from La Tourangelle

Olive oil is an essential ingredient in Middle Eastern cooking, and delicious, versatile and healthy too. Learn about La Tourangelle's Extra Virgin Olive Oil and create this smooth and creamy hummus to accompany your Iftar mezze



La Tourangelle's Extra Virgin Olive Oil, from Provence in the South of France, is delicious and so versatile too. It has a rich, fruity flavour, making it perfect for cold application in salad dressing, and stirred into cold mezzeh like hummus, tabbouleh and in vine leaves.

Suitable for medium-high heat, perfect for sautéing, baking, dipping, blending into a dressing/sauce, or drizzling on a finished dish.

Each batch is handcrafted following century-old Provencale traditions: the freshest olives are naturally cold-pressed, the oil lightly filtered and bottled in a protective tin can to preserve freshness. With its fruity and savoury flavours, this olive oil will enliven your best dishes.

### DELICIOUS HOMEMADE HUMMUS

#### SERVES 4

■ Wash 150g dried chickpeas and soak overnight. Put in a large saucepan, cover with water and simmer for 2 hours, skimming off any impurities. Drain, keeping the cooking liquid, and refresh in cold water. (Or you could also use a 400g tin of chickpeas and skip this stage.)

■ Tip the chickpeas in a food processor and whizz with a little cooking water until smooth.

Add 100g tahini, 1/2 tsp ground cumin, 1/2 tsp chilli powder, 3 tbsp lemon juice, 1 tbsp olive oil and a good pinch of salt and blend again (you may need to add a little more water). Add a clove of garlic (if you like) and whizz again if you like it.

■ Serve drizzled with La Tourangelle Extra Virgin Olive Oil plus warm pitta bread for scooping.





# Cooking in D's kitchen

This month, Dalia Dogmoch presents three delicious dishes with a Middle Eastern twist. Fun, fresh and delicious, we hope you enjoy cooking these at home

## What inspired you to create these dishes for Ramadan?

Ramadan is a special time, so I created dishes which are a little out of the ordinary – recipes with a Middle Eastern twist! I'm Syrian but grew up in Paris and New York, so I love to play around with western recipes and eastern flavours.

## You have lived all over the world, but what dishes/ingredients remind you of your Arab roots?

My grandmother was a fabulous cook, known all over Damascus for her divine dishes. She passed this talent to my mom who today still cooks mouthwatering feasts for us at home. From zucchini to chickpeas, lamb and yoghurt, parsley and garlic, there are these staples in Arabic tabakh (cooking) that always remind me of where I am from, and makes me miss my mom!

## Can you tell us about some of your favourite meals your mom has cooked for you?

There are so many dishes my mom cooks that I love but the first ones I ask for when I go back to see the family are *koussa bil laban* (zucchini in yoghurt), *fete'd bet enjan* (aubergines in yoghurt), and stuffed vine leaves (*warak enab*). And I know it sounds simple, but her rice is so beautifully cooked and flavoured, it is as important as the main dish on the table. It literally is the best tasting rice on the planet!

For more of Dalia's recipes visit the D's Kitchen website on [www.daliaskitchen.com](http://www.daliaskitchen.com).



## Spiced mixed bean bowl

SERVES 4 – 6

1 onion, finely chopped  
3 garlic cloves, finely chopped  
2 cans chickpeas  
1 can kidney beans  
1 bunch parsley, chopped  
¼ cup pine nuts, toasted  
1 tsp cumin  
½ tsp all spice  
2 tbsp lemon juice  
olive oil  
salt and cracked pepper, to taste

**1** In a pan, heat some olive oil on low heat and cook the onions until translucent before adding the garlic.

**2** Cook for a few minutes, add the chickpeas, beans, cumin, half the parsley and continue cooking on medium heat until the beans soften, about 15 minutes or so while seasoning to taste.

**3** Finish by adding the rest of the parsley, lemon juice, a generous amount of olive oil and sprinkle with pine nuts. Enjoy!



## CHEF'S BITES DALIA DOGMOCH

### Braised lamb shanks with pomegranate & butternut squash

SERVES 4 - 6

6 lamb shanks  
6 garlic cloves  
¼ cup sherry vinegar  
500ml beef stock  
3 bay leaves  
1 tsp dried thyme  
juice of 3 pomegranates  
seeds of 1 pomegranate  
1 butternut squash, peeled and cut into  
chunks  
1 tsp brown sugar  
knob of butter  
salt and cracked pepper to taste

This dish is full of rich, beautiful colours. Accentuate the table with a few tea lights and pretty glasses to complete the modern, Middle Eastern feel

**1** Preheat oven to 150C. Rub the shanks with olive oil, thyme, salt and pepper. In a large pot, brown the shanks on all sides, and set aside.

**2** Add the garlic to the same pot, and cook for a few minutes. Deglaze the pan with sherry vinegar, add the beef stock, bay leaves and return the shanks to the pot. Cover with a lid and place in the oven for 2 ½ hours, turning the shanks every 45 minutes or so. If there isn't enough liquid left in the pot, add a little stock or hot water.

**3** In a pan, heat some olive oil on low heat and add the butternut squash. Sprinkle with sugar, salt, pepper and cook until soft and a little caramelized, for about 15 minutes. Set aside until serving.

**4** Once the shanks are ready, place them on a serving plate and cover with foil. Remove the liquid from the pot, pass it through a sieve and pour it in a saucepan. Add the pomegranate juice, bring to a boil, reduce heat and simmer until it thickens slightly.

**5** Finish with a knob of butter and season to taste. Now add the warmed squash to the lamb shanks, pour the sauce over the dish and sprinkle with the pomegranate seeds. Divine!





## CHEF'S BITES

### DALIA DOGMOCH

#### Sticky date pudding

SERVES 6 – 8

250g dates, de-seeded  
2 eggs  
1 cup brown sugar  
1 cup flour  
1/3 cup milk  
4 tbsp butter  
1/2 tsp baking powder  
1/2 tsp baking powder  
1/2 tsp salt  
2 tbsp honey  
250ml cooking cream  
2/3 cup brown sugar  
1 tbsp butter  
1/2 tsp salt  
vanilla ice cream and toasted nuts for garnish

**1** Preheat oven to 180C. In a small bowl, combine the dates with a little hot water and let them soak before blending them in a food processor into a paste. In another bowl, mix the butter and sugar until smooth and add one egg at a time mixing well.

**2** Fold in the date paste until smooth, then alternate adding the flour mixture and milk until well combined but not over mixed. Pour into a cake tin and bake for 20 – 25 minutes.

**3** In a saucepan, heat the cooking cream, butter, sugar and salt. Simmer on low heat until it thickens, for a few minutes or so.

**4** Place a 2 slices of date cake on a plate, drizzle with sauce, add the ice cream and sprinkle with nuts. Delicious!

*Thank you to Tavola for supplying Dalia's beautiful dining accessories.*

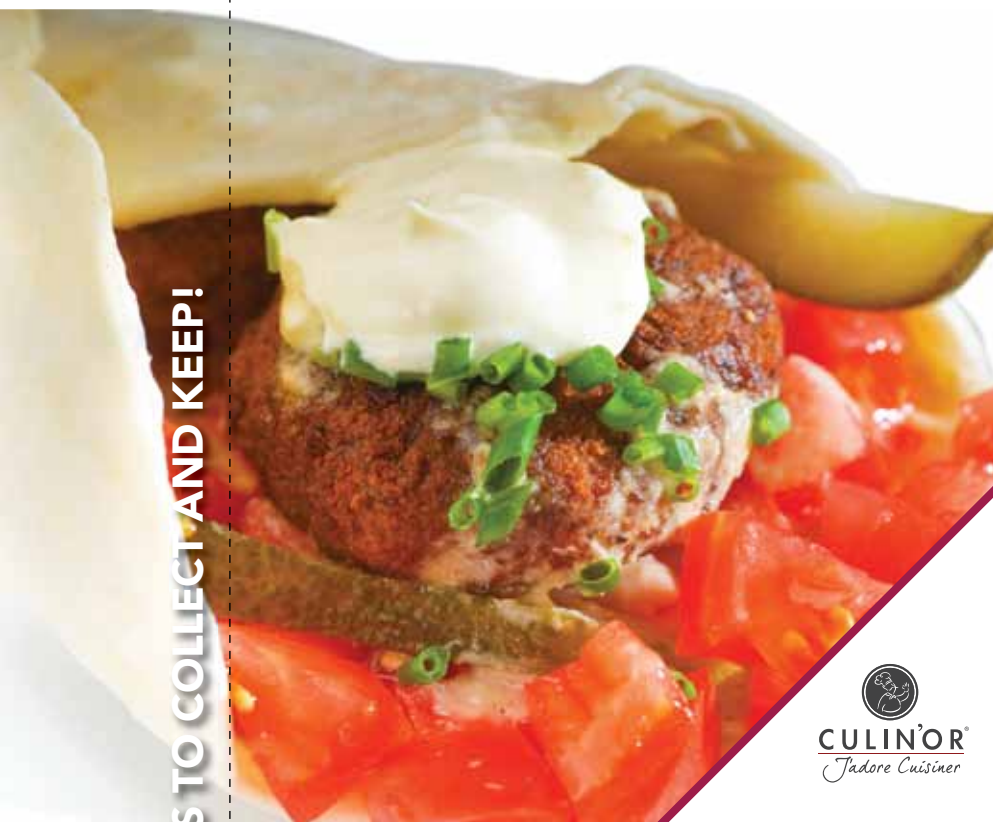
A lovely twist on the classic sticky toffee pudding, the dates work perfectly in this recipe. Serve hot with a scoop of good vanilla ice cream and a sprinkling of nuts





MIDDLE EASTERN RECIPES TO COLLECT AND KEEP!

*Falafel flatbreads  
with tahini sauce*



*Lamb, apricot  
& pistachio koftas*



*Five fruit juice*



*Fattat hummus*



## Lamb, apricot & pistachio koftas

MAKES 24 • PREP 15 MINS PLUS SOAKING AND CHILLING TIME  
• COOK 10 MINS

Soak 24 wooden skewers for 20 mins. Heat **2 tbsp olive oil** in a pan, add **1 finely chopped onion** and cook until soft, about 5 mins. Add **1 tsp cayenne pepper, 2 tsp ground cumin** and **2 tsp ground coriander**. Cook for a further min. Tip into a bowl and cool. Add **500g lean lamb mince, 1 beaten egg** and a **handful chopped, dried apricots**. Finely chop **2 tbsp pistachio nuts**, tip into the bowl, season and mix. Divide mixture into 24 and shape each into a rough sausage. Thread onto skewers. Chill for at least 10 mins. Will keep in fridge for 2 days; freeze for 1 month. Grill for about 10 mins, turning halfway, until dark golden and cooked through.

### Culin' Or meat grinder

Sleek black and stainless steel finish meat grinder with three cutting blades and sausage and kibbeh maker.



## Falafel flatbreads with tahini sauce

20 MINUTES • SERVES 2 • Easy

garlic 1 clove  
flat-leaf parsley a handful  
ground cumin 2 tsp  
chilli powder 1/4 tsp, plus a pinch to serve  
chickpeas 1 x 400g can, well drained  
egg 1, beaten  
onions 2 medium, thinly sliced  
olive oil  
red cabbage small, 1/4 finely shredded  
iceberg lettuce 1/4, finely shredded  
lemon juice 3 tbsp  
tahini 1 heaped tsp  
low-fat natural yoghurt 5 tbsp  
flatbreads and pickled chillies to serve

### Culin' Or food processor

Meeting all your cooking needs in one, this food processor is perfect for creating your homemade falafel with tahini sauce.



**1** Very roughly chop the garlic and parsley (including the stalks). Put into a food processor with the cumin, 1/4 tsp chilli powder, chickpeas, 2 tbsp of the egg (you won't need the rest) and half the onion. Whizz until everything is finely chopped – you might need to scrape down the sides of the bowl a few times. Season generously then shape into 6 or 8 falafel.  
**2** Heat 1/2 tbsp oil in a large non-stick pan, then cook the falafel for 3 minutes on each side, until golden. As they cook, toss the rest of the onion, cabbage and lettuce with 2 tbsp lemon juice and some salt and pepper. Whisk the tahini and remaining lemon juice into the yoghurt, add a little water if needed, then season and sprinkle with a pinch of chilli powder. Serve the falafel and salad with flatbreads, the yoghurt sauce and a few pickled chillies.

## Fattat hummus

225g chickpeas  
1 tbsp olive oil  
4 tbsp tahini  
150g yoghurt  
5 garlic cloves, roughly chopped  
110ml lemon juice  
salt, to taste  
TO GARNISH:  
2-3 pieces Arabic bread  
handful pine nuts, toasted  
a few sprigs parsley  
olive oil

### Culin' Or blender

A stylish, compact blender with grinder attachment, 2 speed plus pulse function, serrated blades, 1.3l glass jar with ice crusher and safety lock.



**1** Tip the chickpeas into a bowl, cover with warm water and leave to soak overnight. Drain the chickpeas and keep the remaining liquid to one side. Place the chickpeas in a saucepan, cover with fresh water and bring to the boil. Reduce the heat and leave to simmer for 1 1/2 hours.  
**2** Cut the Arabic bread into cubes, drizzle with the olive oil and grill in a preheated oven for 4-5 minutes, until golden brown and crispy. Set aside for later.  
**3** Tip the cooked chickpeas (keeping aside a few for garnish) into a blender and add the olive oil, tahini, yoghurt, garlic and lemon juice. Season with salt and blend to a puree. Gradually add the reserved chickpea cooking liquid (you will not need all of it), until the hummus has a soft, smooth consistency.  
**4** Scrape the hummus into a serving bowl and sprinkle over the toasted Arabic bread. Garnish with the reserved chickpeas, a few pine nuts, a sprig of parsley and drizzle of olive oil.

## Five fruit juice

MAKES 1

**1** Cut two **apples**, one nectarine and one **pear** into quarters.  
**2** Put a small bunch of **grapes** through the juicer, followed by the chopped fruit. Stir in the juice of four **oranges**.

### Culin' Or juicer

With an attractive red finish and functional design, this newly launched Culin'Or gadget has an extra-wide fruit feed, juice extractor, pulp collector and juice jar.



## Peachy dream


MAKES 1

Put two heaped tablespoons of frozen chopped **banana**, one chopped **peach**, one chopped **nectarine**, four tablespoons of **natural yogurt** and 300ml/ 1/2 pint **apple juice** in the blender. Blitz until smooth.



# Go west!

It may have not have the big ticket items of London or Edinburgh, the instant charm of the Cotswolds or Cambridge but, as *Dave Reeder* recounts, the English West Country is a delight for both traveller and foodie. And, intriguingly, the further west you travel, the more you enter a foreign land where centuries' old feuds over food are still a daily occurrence



**R**aised in London but born in Bath, my childhood holidays were spent either in Cornwall, where my father was born, or Devon, where my parents' best friends welcomed us for an annual holiday. For me, the West Country represented an escape from the city and, looking back, an early introduction to the real taste of food.

In Cornwall, I collected cream-heavy milk fresh from the cow from the local farmer and marvelled at the deep yellow of eggs gathered from the hedges around local farms. I went out for short fishing trips and got over-excited at how eagerly silver and iridescent mackerel almost leapt onto the line, before we ate them later simply grilled with boiled new potatoes. Every day, we ate pasties, gorged ourselves on ice cream and cake, before slinking back to London for a more austere daily diet.

In Devon, we ate cream teas, picnicked daily out on Dartmoor with good local bread, cheeses, cold meats and pickles, enjoyed the local fish or shrimp and ate more cream scones and fudge than were good for us.

Everything tasted fresher, flavours were bigger and food became important and vibrant, rather than the daily fuel that it represented back in the city.

The good news? Today, the food is even better! There's been an explosion of high quality produce, artisanal producers and dedicated chefs right across the West Country, making it the ideal choice for foodies wanting a different taste of England. And, to make it even better, the scenery across the region is ever-changing and fascinating.

The West Country is traditionally seen as the four English counties of Dorset, Somerset, Devon and Cornwall. For reasons of space, we're leaving Dorset aside for now, allowing us to focus on the two great cities of Bristol and Bath, as well as the three counties that lead down to Land's End, the furthest point west in England and an iconic spot, but regretfully not a place you'd want to head to for the food.



# TRAVEL UK

## *Bristol - your starting point*

Although you can drive to Bristol straight down the motorway from London, Heathrow in about an hour and a half, why not consider a different approach? I now fly Air France via Paris to Bristol itself, allowing an extra foodie stopover in Paris on the way back to Dubai! Unlike the 60-plus grind of exiting Heathrow and sorting out the hire car, at the small Bristol Airport you can be from plane to car in around 15 minutes. Result!

Bristol's history and success stems from its origins as a port, at least a millennium ago. This is a city built on trade – pleasantly, as the developer of the British wine trade with France, Spain and Portugal; less pleasantly, as the third point of the notorious slave trade triangle.

But Bristol is much more than its harbour, which represents one of the key areas to explore and eat in. One of its most famous sons, engineer Isambard Kingdom Brunel, built the iconic Clifton Suspension Bridge high above the Avon Gorge, not only providing one of the iconic images of the city, but also opening up the Georgian enclave on the hill above the city, Clifton. This peaceful backwater provides beautiful architecture and a great range of restaurants and bars, populated by Bristol's artistic and stylish society. Between the two, the University provides a more eclectic mix of buildings and food opportunities, a stew of funky bars, healthy eateries and the plain quirky. The last area to explore on a short visit is St Nicholas Market, part of a pedestrianised shopping area of the city.

Bristol is one of the most vibrant cities in the UK - it has a kind of Californian vibe as the kind of place where visionaries and misfits gravitate to. It has great history, easy transport, lots of green areas and a serious amount of non-traditional shops and food outlets. Yes, your normal high street shops are here, but Bristol is the place to go for something unusual and different.

Even better, there's always something going on - festivals, special events, exhibitions, concerts... For the foodie, there's a continual rush of food-focused days, markets, fairs, visits and more. In fact, Bristol is so exciting that you may find yourself unwilling to venture further west - however, that would be a mistake!



Clifton Suspension Bridge high above the Avon Gorge

### STAY HERE

#### **Avon Gorge Hotel**

Views of the Suspension Bridge with the delights of Clifton a short walk away.

#### **Hotel du Vin**

Boutique hotel close to the Waterfront area with, as you'd guess from the name, a great food and wine list.

#### **The Bristol Hotel**

In the heart of the Old City and close to the contemporary arts centre, the Arnolfini, this is a luxury choice.

### EAT HERE

#### **Riverstation**

Simple and stylish dining overlooking the old docks.

#### **Pieminister**

Two outlets for award-winning pies using produced sourced from the region.

#### **Bristol Cider House**

Local food and, more importantly, a range of local, real ciders from Somerset.

### SHOP HERE

#### **Bristol Farmer's Market**

Every Wednesday, a great opportunity to taste local produce. There's also a Slow Food Market on the first Sunday of each month.

#### **Averys Wine Merchants**

At the foot of the hip Park Street, traditional wine cellars show you a key side to Bristol's past, plus a great range of bottles!

#### **The Better Food Company**

Superb ethically run, organic food store. A great place for advice, a snack or just to see the range of amazing local produce.



St Nicholas Market







## *Bath - a step back in style*

Sometimes, you have to brave the crowds. To be honest, Bath is a nightmare for anyone wanting peace and quiet but, as one of the world's most beautiful cities, it's worth putting up with the crush.

To stand on Pulteney Bridge and look down at the weir, to take the water in the Pump Room, to wander round the Roman Baths or Abbey or to look at street after street of honey-coloured Georgian houses, Bath is a pure delight.

And I would say the same even if it wasn't my birthplace!

Bath is a city of two halves – three really, but let's discount the horrendously misguided bits of urban renewal in the centre (the concrete multi-storey car park, the bus station...) – Roman Bath and Georgian Bath. Apart, they're both stunning; together, they make up a World Heritage site.

Originally developed by the Romans two millennia ago as a spa, Bath (or Aquae Sulis – the waters of Sulis) still has Britain's only hot

spring. The Romans built a magnificent temple and bathing complex, much of which has been preserved. The Georgians later made the spa fashionable again – think Jane Austen – and lunch or afternoon tea in the magnificent 18th century Pump Room is a must.

Much of the centre of the city is easy to stroll around, enjoying the squares and crescents, poking around the side streets with interesting shops and so on. Again, this is a university city and there's a relaxed feeling about the place, although it does feel more upmarket than most of Bristol.

And food? I thought you'd never ask!

The place is bursting with small cafes and stylish restaurants, catering both to the students and media types who live here and also to the professional class and tourists looking for a treat. Despite the conservatism of the city, there's a left-leaning feel to Bath, so organic and properly-sourced ingredients are everywhere, as are quirky cafes offering foods from obscure countries. Your best bet? Just explore!



## STAY HERE

### **The Bath Priory**

Luxury country house hotel that consistently wins awards, not just for its outstanding one-Michelin star restaurant, which recently placed as third best in the South-West in a *Sunday Times* list.

### **The Royal Crescent Hotel**

The real Bath experience in a 18th century Grade 1 listed building, now a luxurious hotel and spa in the heart of the iconic sweep of the crescent.

### **Tasburgh House**

Just outside the city, this friendly award-winning guest house has gardens that tumble down to the Kennet and Avon Canal, allowing an easy stroll into the city centre.

## EAT HERE

### **Casanis**

Intimate French bistro now listed in Michelin.

### **Demuths**

If you think vegetarian food is boring, then prepare to have your mind changed by this restaurant's gourmet fusion mix of dishes.

### **The Hole in the Wall**

Oldest restaurant in Bath, using locally sourced ingredients for modern British cuisine.

## SHOP HERE

### **Mr Simms Olde Sweet Shoppe**

Find all your old favourite sweets here for a nostalgic step back in time!

### **Bath Farmer's Market**

Every Saturday, food from within 40 miles of the city sold by the producers.

### **Guidhall Market**

800 years old and still going strong! The 18th century transaction table is known as the Nail, hence the expression 'pay on the nail'...



## *Somerset - don't forget it*

Somerset has a real identity crisis! The historic county vanished into the anonymous Avon during local government reorganisation, but it lives on with ceremonial status! Think of it as the part south of Bristol, before you hit Devon.

Much of the county is unprepossessing and can be quickly passed through, but a good route south from Bath avoids the motorway and passes through the charming and tiny cathedral city of Wells (try Goodfellows, if you're hungry) and the new age capital Glastonbury, reputed final resting place of the Holy Grail (go vegan or vegetarian, if you're hungry) and down across the Somerset Levels. These are basically flooded plains, supposedly the site of King Arthur and his army - fascinating to see the ingenuity of centuries of drainage and water taming. Not a good place for food, but bird watchers and anyone wanting traditional reed baskets are in for a treat.

Somerset gives us a number of great food items: apples, cider (over 400 varieties of cider apple are grown here) and Cheddar cheese (do try the original) are the best known, but smoked eels, Exmoor lamb and the unique whortleberry jam are worth seeking out.



## *Devon - it's so creamy!*

Devon is the county in which you really sense a dividing line between the West Country and the rest of England, further east. Although the north and south coasts of this large country feel familiar, the high central moorland of Dartmoor with its dramatic granite peaks and tors, its sense of living folklore (pixies are everywhere!) and a real change in dialect words tell you things are going to be different from now on!

It starts gently enough - capital city Exeter is like any other urban centre and University town, though the quiet area around the medieval Cathedral is worth exploring. From here, you can take one of three routes - let's start by turning north.

The north Devon coast is perhaps the least well-known part of the county. Unlike the rather wilder north Cornish coast, this is still sheltered in the Bristol Channel and so small towns like Minehead or Ilfracombe offer a quiet escape from modern life and the Exmoor National Park has a dark serenity that many find appealing. A trip out to Lundy Island in the Bristol Channel is well worth the effort - from here, there's nothing but open water between you and America!

The route through the centre of the county takes you direct to Cornwall, across the wild and sometimes savage Dartmoor National Park. From the grim Victorian prison at Princetown to the treacherous bogs on the high moor, this is a place that can grip you for life. Stunningly beautiful at all times of the year, only a small number of roads cross the moor, diverting into small, almost landlocked villages where time has stood still. For the real Devon

experience, cross the high moor and then dip down to find a full-on Devon cream tea!

The southern route takes on the so-called English Riviera - the sweep of seaside town around Tor Bay that includes Teignmouth, Torquay and Brixham. For too long, perhaps, unfairly derided as a land of displaced pensioners, it's a beautiful area that, together with the South Hams just back from the coast, will repay a search by the dedicated foodie.

One, especially, that has Dartmouth in sight! This beautiful small town on the River Dart is one of the real treasures of the area and, as you'd expect, seafood of every variety and of exceptional quality is available here. Parking is a nightmare, but it's worth it for the food, the history of the town (the last spot on English soil that the Pilgrim Fathers stood on) and boat trip up the river, including a visit to Agatha Christie's home at Greenway. And so on to Plymouth, last stop before Cornwall.

The reality for the hungry traveller is that it's remarkably easy to eat well in this county with local restaurants more and more dedicating themselves to seeking out the best of local suppliers - the county's lush green pastures, rich arable land and dramatic coastal waters providing great local produce. Of particular note are local seafood (especially the South Devon crab), meat from traditional Devon breeds such as Red Devon Cattle, pies and pastries, dairy products, local drinks (ales, cider and wine) plus a great range of fruits and vegetables.

And local farmers are branching out - don't be surprised to find farms producing venison, ostrich and chillies!





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AED 130 per person (Group of more than 20 people)\*

AED 150 per person (Adult)

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\*Terms and conditions apply

For enquiries and reservations:

Tel: +971 4 317 4515

Email: Ramadan\_DusitThaniDubai@dusit.com

Web: <http://dusitthanidubai.dusit.com>



# TRAVEL UK

## STAY HERE

### **The Dartmoor Inn**

A charming and elegant spot with just three rooms. However, its Lydford location means it's ideal for exploring Dartmoor. Although, with its award-winning restaurant means you may not want to leave...

### **The Cary Arms**

The steep cliffs of Babbacombe Bay surround this elegant hotel, with private terraces overlooking dolphin filled waters. Oh, plus great fish and seafood from nearby Brixham!

### **The Royal Castle Hotel**

17th century hotel right in the heart of Dartmouth, overlooking the harbour and River Dart.

## EAT HERE

### **Gidleigh Park**

The location - a few miles out of Chagford along tiny lanes - is impressive, but the food from star chef Michael Caines is stunning. Easily the best table in Devon, but your credit card will weep.

### **Browse Seafood Stall**

Go old school on Torquay harbour wall with this shellfish stall which sells cockles, mussels, brown crab, pink lobster and Dartmouth- and Brixham-caught crab sandwiches. Processing is still done by hand and traditional boilers are used to cook the crabs.

### **The Seahorse**

Fish so fresh here in Dartmouth that they change the menu twice a day! Add relaxing views over the river and you'll soon chill out.

## SHOP HERE

### **Markets and farm shops**

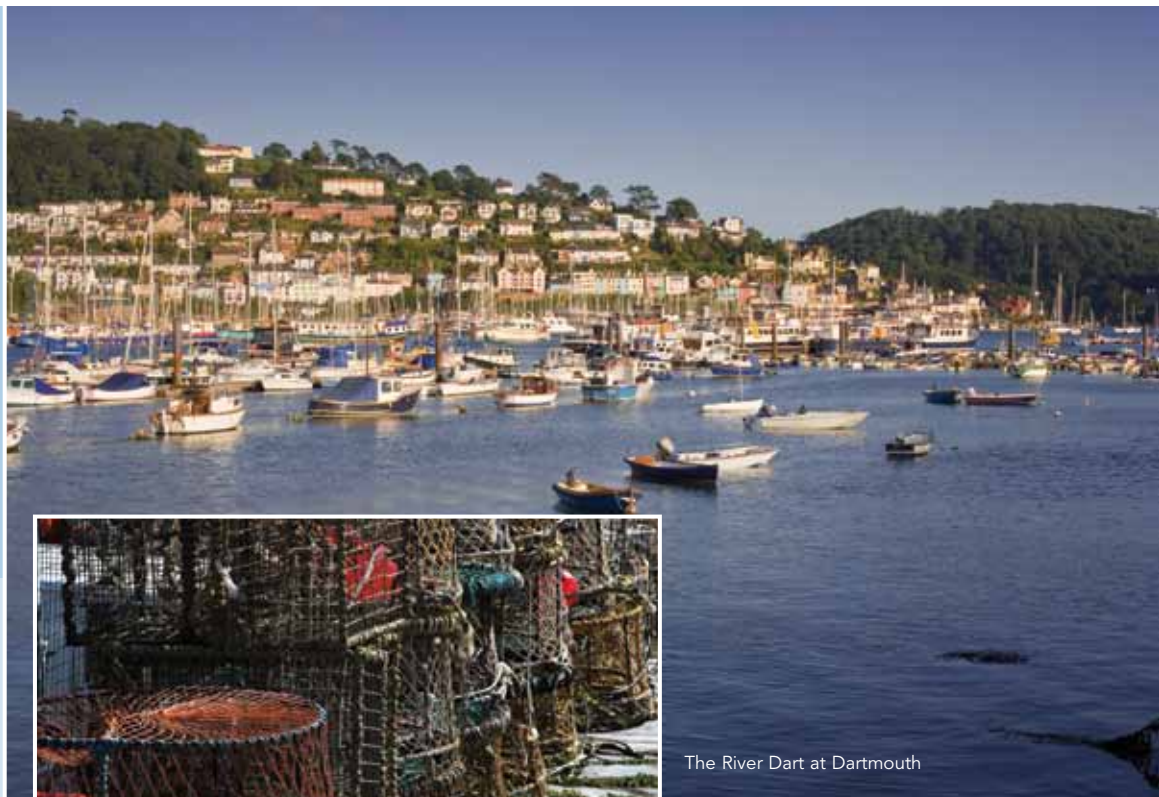
These are everywhere through the county, leaving no excuse not to buy and taste.

### **Basterfield Beekeepers**

Not always open to the public, this family-run beekeeping business produces a variety of goods from free range hives in Colyton.

### **Blacks Deli**

Local produce, home cooked treats and shelves of interesting finds in this tiny deli that has served the small village of Chagford for more than a decade. A model of a local delicatessen.



The River Dart at Dartmouth



## FOOD FIGHT - ROUND 1

With a minimum fat content of 55 percent, you'd think that eaters of clotted cream would need to worry more about their health than their style of eating, but that's just how food fights are!

Although clotted cream is produced in many areas, it's really Devonshire cream or Cornish clotted cream (now with a EU PDO order) that we're talking about. Devonshire is smoother; Cornish a little grittier; both are delicious and are the staple of the West Country classic, the cream tea which consists of scones, clotted cream and jam.

And jam is the problem. In Devon, it sits on top of the cream. However, as soon as you cross the Tamar River into Cornwall, it vanishes under the cream. Does it matter? Well, let's just say that proponents of either variety argue as if they were North and South Korea! Personally, I prefer the Cornish way.







### *Cornwall - a foreign land*

Cross the Tamar River into Cornwall (Kernow) and you enter a different land. In culture and landscape, this bears more relationship to Brittany and Wales than England. It is believed that the Roman conquest never reached this far, although Cornwall has a long history of trade with the Mediterranean, exchanging tin for goods such as saffron from the Phoenicians.

Everywhere, you will see evidence of Cornish nationalism, from the flag (black cross on a white background) to the use of the language, although this is largely a construct since the language became extinct as natively spoken and has been reassembled by academics and enthusiasts. Traditional industries of tin and copper mining, as well as fishing (particularly for pilchards), have been replaced by tourism, much to the resentment of some who find themselves priced out of their own land. However, despite Cornish pride, it seems unlikely that demands for independence will ever gain enough momentum for change.

Cornwall has a strong culinary heritage. Surrounded on three sides by the sea and fertile fishing grounds, Cornwall naturally has fresh seafood readily available and that supply has attracted celebrity chefs: Rick Stein in Padstow (amusingly retitled Padstein by locals who preferred it when it was a quite little fishing port), Jamie Oliver with his Fifteen restaurant in Newquay and John Torode's Seiners in Perranporth.

One unusual local fish dish is Stargazy pie, a fish-based pie in which the heads of the fish stick through the piecrust. It's cooked as part of traditional celebrations for Tom Bawcock's Eve, but not generally eaten at other times. However, the best known Cornish dish is undoubtedly the pasty - see Food Fight for details. Apples, blackberries, plums and cherries

grow well in the climate which, though, is unsuitable for growing many arable crops. However, it is ideal for growing the rich grass required for dairying, leading to the production of Cornwall's other famous export, clotted cream. Worth seeking out are local cakes and desserts including Saffron cake, Cornish heavy cake, Cornish fairings biscuits, figgy 'obbin, scones and whortleberry pie.

Rather like Devon, the county naturally divides itself into three key areas. The main road south-west passes through the central upland, which is relatively uninteresting for the tourist. Going north, the coast is wild and exposed but with many towns of great beauty and interest: Tintagel (for faux King Arthur history), Padstow, St Ives (with its great artistic tradition) and Newquay (where young surfers congregate).

However, it is the south coast which I think offers most to the first time tourist: a combination of lush vegetation with deep water rivers and harbours, mixed with small fishing ports and several large towns means that the run from Looe and Polperro, down through Fowey and St Austell, Mevagissey (where I spent childhood holidays) to Falmouth and on, round the Lizard, to Mousehole is staggeringly beautiful and a constant source of great seafood and quiet hotels and inns to stay the night. The southern coast also has a host of large gardens from the Lost Gardens of Heligan, all demonstrating the warming effect of the Gulf Stream.

Couple your stay in Cornwall with one of the enthusiastically celebrated annual festivals - Helston's Furry Dance or Padstow's May Day festivity - and you'll realise that, for all the hardship the county/nation has endured over the centuries, it finds much to celebrate about itself, not least in its food.



### **FOOD FIGHT - ROUND 2**

Originally designed as an all-in-one lunch for tin miners, the Cornish pasty has become the iconic symbol of food in the county. And that's where the trouble starts!

Known locally as a tiddy oggy, the traditional pasty is filled with beef, potato, swede, onion and seasoning. It is baked and eaten by hand, grasped by the crimped edge which is not eaten - its original purpose was to stop the miner's hands tainting the food.

Traditionalists demand that not even carrot be added to the recipe, let alone the whole thing being completely debased by the endless varieties found in traditional pasty shops. Two course pasties (meat one end; fruit the other) were known in the past, but are no longer considered authentic in Cornwall.



Fishing boat at Padstow

# TRAVEL UK

## STAY HERE

### The Metropole

Views over Padstow and Rock in this classically comfortable Victorian hotel. Just stroll through the car park for a meal at Rick Stein's...

### Falmouth Hotel

A real sense of grandeur on this delightful coastal town. Also has a well respected restaurant.

### Mount Haven

Never heard of Marazion? Just imagine waking in the morning to see the stunning St Michael's Mount just over the water. A very romantic spot!



St Michael's Mount

## EAT HERE

### Seafood Restaurant

The heart of celebrity chef Rick Stein's empire in Padstow, the food is consistently good even though the diners are increasingly boho poseurs from Hampstead-by-the-Sea Rock, just over the estuary

### Harveys Wharf

Great modern food overlooking the harbour at Falmouth - the real south coast experience!

### Ripley's Restaurant

Slap in the face for Rick Stein that his former head chef gained a Michelin star here, but the place is light, airy and delivers delicious food.

## SHOP HERE

### Stein's Deli

Even if you don't manage a table at the Seafood Restaurant, pick up some books and some tasty treats from the wonderful range on offer.

### Lynher Dairies

Just outside Truro, this dairy produces one of Cornwall's best foods: the semi-hard cheese Yarg, wrapped in nettles. Make sure you taste this!

### Halzephron Herb Farm

With shops in both Truro and St Ives, the farm provides a wide range of herb-based products, including herbal remedies and treatments.



## Cornish pasties

MAKES 4 • PREP 25 MINS PLUS CHILLING • COOK 55 MINS Easy

### FOR THE PASTRY

125g/4½oz butter, chilled and diced

125g/4½oz lard, diced

500g/1lb 2oz plain flour, plus extra

1 egg, beaten, to seal and glaze

### FOR THE FILLING

350g/12oz beef skirt or chuck steak, finely chopped

1 large onion, finely chopped

2 medium potatoes, thinly sliced

175g/6oz swede, finely diced

1 tbsp freshly ground black pepper

**1** Rub the butter, lard, plus a pinch of salt into the flour using your fingertips or a food processor, then blend in 6 tbsp cold water to make a firm dough. Cut into 4 equal pieces, then chill for 20 mins.

**2** Heat oven to 220C/200C fan/gas 7. Mix together the filling ingredients with 1 tsp salt. Roll out each piece of dough on a lightly floured surface until large enough to make a round about 23cm across – use a plate to trim it to shape. Firmly pack a quarter of the filling along the centre of

each round, leaving a margin at each end. Brush the pastry all the way round the edge with beaten egg, carefully draw up both sides so that they meet at the top, then pinch them together to seal. Lift onto a non-stick baking tray and brush with the remaining egg to glaze.

**3** Bake for 10 mins, then lower oven to 180C/160C fan/gas 4 and cook for 45 mins more until golden. Great served warm.

**PER PASTY** 1,174 kJ, protein 34g, carbs 114g, fat 68g, sat fat 35g, fibre 6g, sugar 7g, salt 1.96g

## *The Scilly Isles - don't forget them*

Where? The Scilly Isles are an archipelago some 30 miles west of Cornwall.

Fresh air, clean seas and long sunny days are the islands' main claim to fame and help to generate some delicious local produce - lobsters and crabs, fresh fish, local lamb, beef and vegetables, eggs, bread and butter, beer and wine, ice cream and jams.



# Memorable Moments this Ramadan

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For more information and reservations please call 04 315 4111 or e-mail: [reservations.ob@jaihotels.com](mailto:reservations.ob@jaihotels.com)



## BATEAUX DUBAI

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Enjoy the delights of a daily iftar buffet at 'thyme' restaurant in Oasis Beach Tower for only AED 130\* per person. Valid until 28th August 2011.

For more information and reservations please call 04 315 4200 or e-mail: [thyme@jaihotels.com](mailto:thyme@jaihotels.com)



## HATTA FORT HOTEL

Enjoy stunning views of the Hajar Mountains at the Hatta Fort Hotel this Ramadan! Stay in a deluxe-chalet style room for only AED 350\* per person sharing during midweek (Saturdays to Thursdays) and AED 450\* per person sharing on Fridays, including breakfast/suhoor and dinner/iftar. Valid until 28th August 2011.

For more information and reservations please call 04 809 9333 or e-mail: [hfh@jaihotels.com](mailto:hfh@jaihotels.com)

# Real flavours of Arabia

This Ramadan, *Mike Harrison* takes us on a nostalgic foodie journey from North Africa and across the Middle East



I started writing this article in Tunisia, during a short, pre-Ramadan trip to the country, when preparations for the Holy month were in full swing. During my recent visit, I was constantly reminded of the first occasions when I celebrated Ramadan there as a young adult, around 30 years ago, when the month also fell in mid-summer.

At the time, I was living in a ramshackle villa on the beach, next to the ancient Punic port of Carthage. My landlord, who sensed that he could double his income by leasing the villa on a short-term basis during the summer, turfed me out for two months, and local friends invited me to stay in a small, converted shed in their garden! As it was Ramadan, the family had purchased a sheep early, which they planned to dispatch at 'Eid, and my sleep was punctuated by the poor nocturnal bleating of the animal.

It was during that month that I really learnt how to cook, North African style. I observed my friend's mum for hours as she grilled peppers to make the local *slata mechouia*, made spicy tomato sauces, sifted couscous and prepared various other local delicacies. I was constantly amazed that during the month of fasting, people seemed to eat so much more than during the rest of the year. But I had no complaints!

Ramadan in the Boughdir household took on a special routine. In the last few moments before sunset, the family sat patiently, making quiet deliberations, until the sound of a distant cannon was heard. At that point, the father of the house reached for a date which he ate in silent contemplation, accompanied by a strong Turkish-style coffee. And then began the process of gathering for the main meal.

Iftar invariably began with the consumption of a 'brik'. These hot snacks are a Tunisian institution and consist of a wafer thin, circular sheet of filo pastry, known locally as *malsouka*. The sheets are laid out flat, and a variety of ingredients including parsley, capers and tuna are added to form a ring inside the pastry. At the last moment, a raw egg is placed in the circle, the sheet is folded over and then dropped into hot, fizzling oil for half a minute on each side. The brik is ready when the egg white is seen to be cooked through the transparent pastry, while the yolk remains deliciously runny. A successful brik-eater is one who can pick up the whole item in their hands and dexterously consume it all without dribbling any yolk onto their plate!

A couple of years earlier, my first ever taste of Ramadan had been experienced while back-packing in Morocco. Upon the approach of sunset on my first day in the kingdom, I sat down on a doorstep, bewildered, to watch the huge crowds of people rushing home. Suddenly I was approached by a young lad who said something along the lines of 'Have you eaten?' then grabbed my hand and pulled me off in the direction of his home. That evening, and for several more subsequent to that, I dined in the home of strangers, who by the end of the week had become firm friends. I can still remember the sublime taste of those meals. We tried *harira*, a thick, heady soup of tomatoes, mint and chick peas with flecks of lamb. I also savoured my first ever *bstilla*, a wonderful oven-baked pie consisting of a thin pastry crust which contained strips of pigeon or chicken that had been simmered in cinnamon and a variety of other local spices, known locally as *ras al hanout*.

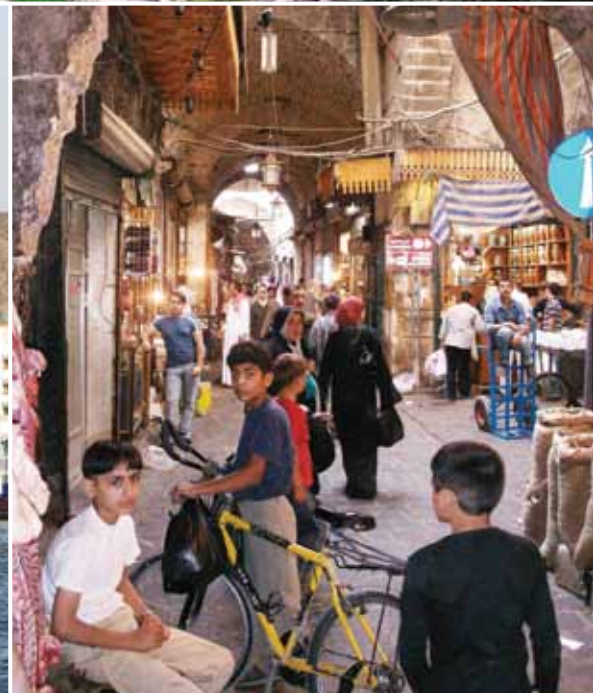
Many years later, and my travels as an educator had taken me to a range of countries in the broader region, including Albania, Iraq, Oman, Senegal and Tajikistan. In each location, I had set myself the task of learning how to prepare a few local dishes, and my dinner party repertoire now included a fairly extensive and eclectic range of dishes. Then ten years ago, in Bahrain, I began writing a food column for the local English newspaper. At one point, the editor asked if I would be interested in doing 'a Ramadan series' – a daily recipe from different countries that I had visited on my travels. I had no difficulty in drawing up a list of Turkish soups, *Tajik pulau* and Lebanese *mezzeh* that I would include, but a bombshell was dropped when he asked me to provide a photograph of each dish. This really was a case of upping the ante – raising things to a new level – since it would mean shopping, cooking, presenting, photographing and then writing up a daily recipe, all while holding down a full-time job at the university!

In my desperation, I called up the chef of a local hotel, and he agreed to rustle up some *fatayer* and *kibbe* for me, in exchange for a mention in the newspaper. I had not accounted for the impact the series would have among the English-speaking population of the island state, and on day three or four, I called one of the local hotels and asked to speak to the executive chef. The conversation went something like: 'Hi. My name is Mike and I'm doing an Iftar series for...'

'Oh hi Mike. Love the articles. Now what would you like us to cook for you?'



TRAVEL  
MIDDLE EAST





## TRAVEL MIDDLE EAST

The series led to publication of my first book – a sort of gastronomic autobiographical meander across the broader Islamic region, and then on to this next book, which is rather more text-based, since feedback from readers had led to requests for more of the stories behind the food. I was happy to oblige.

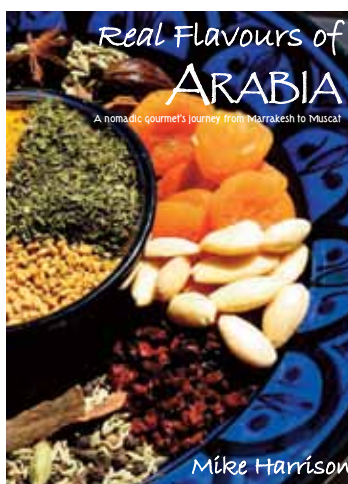
*Real Flavours of Arabia* charts the relationship with six of my favourite cities. Marrakesh and Tunis are included for the reasons laid out above. The book then moves on to Egypt, and my favourite city of Aswan. The city sits majestically on the cataracts of the Nile in upper Egypt, where there is nothing more romantic than drifting along with the wind, oblivious to time, on a local felouka.

Next stop is Syria, where I debated whether to feature the ancient capital, Damascus, or the historic northern city of Aleppo. While researching, I had read about a local Aleppan dish which consisted of plain, lamb kebabs simmered in a sauce made from seasonal cherries that grew in the mountains surrounding the city. My choice was made and I booked a flight to Aleppo on a quest to taste the legendary kebab karaz....

During several visits to Yemen, I was constantly surprised by the diversity of food on offer, especially given that in conversation with a local friend, he was firm in declaring that 'there is no variety in Yemeni food'. The northern part of the country was influenced by the Ottomans, who bought beans and herbs such as coriander with them. The hot and sticky climate of the south and the strategic location of Aden established the predilection for spicy food where the Indian influence is very apparent. In the eastern region of Hadhramaut, traders brought back Indonesian spices and spouses, who have subsequently left their mark on the local food.

Finally, my home base for several years has been Muscat. With its lengthy coastline, the Omanis have long been seafarers and their diet reflects this. At the same time, Lawati, Baluchi and Zanzibari traders have all made their own culinary contributions to the local cuisine, and in the final chapter of the book, I have included several dishes which reflect the diversity of Omani cooking.

I hope you will enjoy savouring these Arabian flavours with me!



Mike Harrison is a member of that itinerant tribe of nomadic English language specialists who spends his life wandering from country to country, although for the last decade or so, he has been based in Dubai and Oman.

Mike has written extensively on the subject of food and travel for many publications throughout the UAE, Oman and Bahrain. 'From Tagine to Masala' was his first book, and is the culmination of more than 20 years of gathering recipes and experiences from across the Arabian trade routes and the broader Islamic region, from Morocco to Indonesia, and from Turkey to Zanzibar. Recently published in its third edition, the book has been revised and updated to include recipes from Afghanistan, where he spent the whole of last year. He is currently working on a book about the country, which he holds dear to his heart.





## Fareekah djaj Chicken with pearl barley

*'Hua zey al fareek: meyhebish a'shareeq.' Fareek is the thick-hulled pearl barley that is cooked on special occasions as an alternative to rice, and is usually served with fried chicken, but nothing else. The Palestinian saying translates as 'He's like pearl barley: he doesn't like company.' The dish is supposedly so delicious and tasty in its own right that it needs to be savoured and digested in isolation! It can be served with pieces of chicken on a separate dish, or placed inside the fareek.*

1 large chicken  
750g fareek (pearl barley)  
500 ml chicken stock  
100g chopped onion  
80g lamb fat, cut into small pieces  
100g ghee  
50g almonds  
50g pine nuts  
1 tsp black pepper  
1 tsp cardamom powder  
½ tsp ground nutmeg

**1** Cut the chicken into pieces, place in a thick saucepan with the ghee, and sauté for 2-3 minutes until the pieces are gently and evenly browned, then remove.

**2** Coat the chicken pieces with the ground spices, put the fareek into the pan together with the pieces of lamb fat, and return the chicken to this mixture. Leave to fry gently for 15 minutes, then add the chicken stock to the pan and let the whole mixture simmer until the fareek is tender – around 30 minutes.

**3** Meanwhile, soak the almonds in water and then boil them for around 20mn. Let cool, remove the skins and then fry gently with a little salt for a few minutes until golden brown. Fry the pine nuts also in a little oil for 2-3 minutes until they begin to turn gently brown. Turn the chicken fareekah onto a serving dish, sprinkle the nuts around the plate and serve with pieces of cucumber and fresh yoghurt, with a little garlic and mint whipped into it.



## Tende ya Kusonga Date halwa

*This dish is a delicious, sweet snack, ideal to nibble at during the long Ramadhan nights. Emanating from the island of Zanzibar, this halwa bears only a passing resemblance to the Omani halwa which is more widely-known throughout the Gulf region, since its main ingredient is dates rather than sugar and flour. The Ki-Swahili name of the dish translates as 'Dates which are stirred'. Though the method of preparation is Zanzibari, the ingredients have been adapted to the Omani context, since dates are not grown on the island of Zanzibar.*

1kg mashed dates, pits removed  
100g mixed nuts, e.g. pistachios and cashews  
100g sesame seeds  
100g ghee  
1 tsp cardamom powder  
½ tsp powdered ginger (optional)  
75g whole almonds, for decoration

**1** In a large bowl, add the nuts and cardamom to the date mixture and mix well with your hands. Powdered ginger is sometimes added to this mixture in the cooler season.

**2** Place a large, sturdy saucepan over a gentle heat and add the ghee. When it begins to melt, add the date mixture and heat through. With a large wooden spatula, flatten the date mixture to spread the heat, then fold, stir and mix thoroughly until the ghee begins to disappear.

**3** This should take around 20 minutes and the mixture must be stirred, mashed and folded constantly throughout this time.

**4** When the ghee has become completely absorbed and the mixture resembles a smooth paste, remove from the heat and place onto a metal serving dish. Flatten the paste and batter it down with the back end of a wooden spoon, using the spoon to achieve a smooth, even surface, as in the photo. Leave to cool for at least 30-45 minutes, by which time it will have hardened, and the ghee and oil from the dates will have returned to produce a glossy sheen. Soak the almonds in warm water for a few minutes to remove their skins easily, and then use to decorate the halwa.





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# Food for the Weekend

- Arabian tea party
- Fancy little macaroons
- Supper for two
- Mediterranean in an hour

89 Romano peppers  
stuffed with paneer & peas



102 Maple, pecan  
& raisin oaty cookies



107 Piri-piri prawns



82 Zaatar, cream cheese  
and cucumber sandwiches



Entertain  
in style!

WEEKEND

# Middle Eastern tea party

The comforting ritual of afternoon tea is something shared by people all over the world. Why not take this tradition and put a Middle Eastern spin on it? Food blogger, Nausheen Noor of Dubai Bites shows us how to put together this afternoon delight

.....



Recipes and photo styling: NAUSHEEN NOOR. Photography CRISMEJORADA





## Ginger orange hibiscus iced tea

*When the temperature hits 40+ degrees, not many people crave hot tea. Hibiscus flowers make this a gorgeous, bright red, tart tea. It's popular hot or iced all over the Middle East. The addition of ginger and orange makes it even more refreshing.*

8 cups of water  
4 teabags hibiscus flowers  
3 inch piece of ginger chopped  
1/3 cup sugar  
1 small orange, sliced  
Ice cubes

Bring the water to a boil with the ginger, let simmer for 10 minutes. Add the teabags and sugar, let steep for 20 minutes. Chill and serve on ice with sliced oranges.

*~ For more recipes, musings and culinary adventures visit the popular foodie blog, [dubai-bites.com](http://dubai-bites.com) ~*

## Nigella seed scones

*No, they're not named after that Nigella! Nigella seeds or kalonji are frequently mistaken for black sesame or black cumin. You will often see them sprinkled on top of Middle Eastern breads, but in some cases they will appear in sweets like jalebis, or shortbread cookies. In this recipe, I've tossed them into a classic cream scone recipe to add a bit of pepperiness and texture.*

2 cups (260g) cake flour  
1/4 cup (50g) granulated white sugar  
2 tsp (10g) baking powder  
1/4 tsp salt  
1/3 cup (75g) cold unsalted butter, cut into pieces  
1 large egg, lightly beaten  
1/2 cup (120ml) cream  
1/2 tsp vanilla  
4 tbsp kalonji (nigella) seeds

- 1** Preheat the oven to 220 degrees C.
- 2** Line a baking sheet with silicone or parchment paper.
- 3** Sift together the flour, baking powder, salt, and sugar and place in food processor.
- 4** Add the butter and pulse until the mixture resembles coarse crumbs. Stir together the cream, egg and vanilla and then add the mixture into the processor. Pulse again until the mixture just barely comes together. Do not overmix at this stage because you will get a tough scone.
- 5** Turn out the dough on to a lightly floured surface. Sprinkle on the Nigella seeds and knead a few times to get the mixture together.
- 6** Roll out the dough 1/2 inch and cut into rounds with a pastry cutter.
- 7** Place on baking sheet and bake 10-12 minutes until light golden brown on top.





## Zaatar, cream cheese and cucumber sandwiches

*Cream cheese and cucumber sandwiches are an English high tea staple. Zaatar and cheese is a Lebanese snack staple. Combining the two in this sandwich couldn't be easier.*

1 x 200g tub of cream cheese  
5 tbsp of zaatar  
4 small cucumbers, thinly sliced  
White sandwich bread

- 1** Mix together the Zaatar and the cream cheese.
- 2** Spread onto the sandwich bread, top with sliced cucumbers
- 3** Cut the crusts of the sandwiches, and cut each sandwich diagonally into four triangles

## Sumac chicken sandwiches

*Musakhan: roasted chicken with sumac and caramelised onions, is a popular Palestinian dish. This recipe takes inspiration from that and transforms it into bite-sized sandwiches.*

2 tblsp olive oil  
1 large red onion, thinly sliced  
4 chicken breasts, poached and shredded  
3 tbsp sumac  
1 tsp allspice  
½ cup mayonnaise  
½ cup of parsley, chopped  
¼ cup pine nuts, toasted  
salt and pepper to taste  
12 mini buns

**1** Sauté the onion in a bit of olive oil on medium low heat until they are soft and sweet.

**2** When the onions cool, toss all the ingredients together, season with salt and pepper, and spoon onto mini buns.

## Orange blossom panna cotta pots

*Rather than finishing with heavy cakes and pastries, serve little, bite-sized Arabic treats. These cool, creamy pots, inspired by Middle Eastern orange blossom and almond desserts, will be a welcome sweet ending to the meal.*

2 cups (1l) heavy cream  
1/2 cup (100g) sugar  
2 tsp orange blossom water  
½ tsp almond extract  
½ packet powdered gelatin

**1** Heat the heavy cream and sugar in a saucepan Once the sugar is dissolved, remove from heat and stir in the vanilla extract.

**2** Sprinkle the gelatin over the cold water in a medium-sized bowl and let stand 5 to 10 minutes.

**3** Pour the very warm Panna Cotta mixture over the gelatin and stir until the gelatin is completely dissolved.

**4** Strain the panna cotta mixture through a sieve and then pour into a set of Moroccan tea glasses.

**5** Chill until firm and ready to serve.







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DUBAI

# Fancy little macaroons

Edd Kimber, champion of the BBC's Great British Bake Off, shares his expert knowledge so you can bake picture-perfect macaroons every time

PHOTOGRAPHS **DAVID MUNNS**



## Chocolate & raspberry macaroons

MAKES 35 • PREP 35 MINS •

COOK 14 MINS **Moderately easy**

Precision is the key here, so the measurements are metric only.

170g icing sugar  
160g ground almonds  
120ml egg whites from about 4 medium eggs, separated into 2 equal batches  
160g granulated sugar  
½ tsp red food colouring (see tip, opposite page)

### FOR THE FILLING

120g double cream  
110g dark chocolate, finely chopped  
25g unsalted butter, room temperature  
75g raspberry jam

**1** Place the icing sugar and ground almonds in the bowl of a food processor and pulse about 15 times until fully combined. Sieve this mixture into a large bowl, discarding any particles that stay in the sieve. Add the first batch of egg whites to the almond mixture, mix to form a thick paste and set aside.

**2** Tip the second batch of egg whites into a spotlessly clean, heatproof bowl and have an electric whisk at the ready. Place 50ml water and the granulated sugar into a small saucepan on medium heat. Bring to a boil and cook until the syrup registers 110C, using a sugar thermometer, at which time start to beat the egg whites on high speed. Once the syrup is at 118C pour it slowly down the side of the mixer bowl, avoiding the moving whisk. Continue to whisk on high until the mixture has cooled slightly

and you have a shiny peaked meringue mixture – the bowl should no longer be hot to the touch, but still warm. Add the colouring and whisk to combine.

**3** Tip the meringue onto the almond mixture and gently fold together. It is important not to over-mix the batter – it should fall in a thick ribbon from the spatula (A). The ribbon should also fade back into the batter within about 30 secs – if it doesn't, fold a few more times.

**4** Heat oven to 170C/150C fan/gas 3-4. Line 3 baking sheets with baking parchment. Transfer the batter to a piping bag fitted with a plain nozzle. Pipe rounds about 2.5cm in diameter onto the prepared baking sheets (B). Leave to rest for 30 mins out of the fridge, or until the macaroons have developed a skin.

**5** Bake the macaroons for 14 mins (this needs to be precise so you could test a macaroon first). Immediately slide the parchment onto the work surface and cool for a few minutes before gently peeling the macaroons off the paper.

**6** To make the filling, place the cream in a small saucepan and the chocolate in a medium bowl. Bring the cream just to the boil and pour over the chocolate. Leave to stand for a few mins, then stir to combine. Add the butter and stir until smooth, then leave to set until thickened. Place the chocolate mix into a clean piping bag with a smaller nozzle and pipe around the edge of half the macaroons (C). Fill the centre with jam and sandwich with another macaroon shell.

**PER MACAROON** 110 kcal, protein 2g, carbs 14g, fat 6g, sat fat 2g, fibre none, sugar 14g, salt 0.02g

## VARY THE RECIPE

### Blueberries & cream

Use **1 tsp violet food colouring** instead of red to make the macaroons.

For the filling, whip **100ml double cream** to stiff peaks and spoon or pipe onto half the macaroon shells, top with a **couple of blueberries** and sandwich with a second macaroon shell.

### Mint chocolate

Use **1 tsp green colouring** instead of red to make the macaroons. For the filling, make a double amount and add **1 tsp peppermint extract** when adding the cream. Pipe or spoon onto half the macaroon shells and sandwich with another shell.



**TIP** For best results, use water-based liquid food colouring and avoid any that are oil-based gels as they will change the texture of the macaroons. Most supermarket food colourings are water based, but check the ingredients before using to make sure.

Once finished, the macaroons actually improve with an overnight rest in the fridge.

*Macaroons are my all-time favourite things to make. They remind me of trips to Paris, staring through the windows of a super-smart patisserie. While they may seem tricky, if you follow my recipe carefully they really are achievable and make for an indulgent little treat*





Ramadan Kareem



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## Baklava

Preparation 30 minutes ● Cooking time 30 minutes ● Makes approximately 16 pieces

### FOR THE SYRUP

300ml/1/2 pint water  
500g/1lb 2oz caster sugar  
juice of 1/2 lemon  
1 tbsp rosewater

1 tbsp orange-flower water

### FOR THE PASTRY

125g/4 1/2oz unsalted butter, melted  
400g/14oz filo pastry (2 packets)  
325g/11 1/2oz unsalted pistachios, chopped  
in a processor until medium-fine

**1** To make the syrup: bring the water, sugar and lemon juice to the boil, and keep it at boiling point for 5 minutes. Add the rosewater and flower water, and then remove it from the heat. Pour it into a jug, let it cool and then chill it in the fridge.

**2** Preheat the oven to 180C/Gas 4/fan oven 160C. Brush a 23cm/9in square 4cm/1 1/2in deep tin with butter, and then each of the filo pastry sheets as you line the tin with them. Use one packet for the bottom layer, placing them in the tin evenly so that the pastry goes up the sides with a little overhang. As the tin is square and the filo pastry is often a rectangular shape, you should try to arrange the sheets so that each side is covered in turn.

**3** When you have used one packet, spread the pistachios over the filo sheets. Then carry on with the rest of the pastry in the same way. The last sheet on top should also be buttered well, and then with a sharp knife trim around the top edge of the tin to give a neat finish. Cut parallel lines 4-5cm/1 1/2-2in apart to form diamond shapes, making sure you cut through to the bottom of the tin.

**4** Cook in the oven for 30 minutes, by which time the filo will have puffed up and become golden-brown. As soon as it comes out of the oven, pour over half the syrup. Leave it a few minutes to soak in and then pour over the rest.

**5** Serve with dates and a cup of strong coffee.

**PER SERVING** 377 calories, protein 6g, carbohydrate 51g, fat 18g, saturated fat 6g, fibre 1g, added sugar 33g, salt 0.58g

This recipe is from *How to be a Domestic Goddess* by Nigella Lawson

# Sweet Suhoor

This Ramadan, enjoy sweet and syrupy baklava, dates and a cup of Continental Coffee



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# Supper for two

Enjoy a relaxed meal together with these recipes from vegetarian food writer *Deena Kakaya*. They're fairly quick to prep, then you can share the starter with drinks while the main course cooks in the oven

## Red onion & Indian-spiced houmous

SERVES 2 • PREP 15 MINS • COOK 10 MINS

**Easy** **V** **Superhealthy** Counts as 2 of 5-a-day

2 tbsp olive oil  
1 red onion, thinly sliced  
1 tsp each cumin seeds and coriander seeds  
½ tsp fennel seeds  
1 x 400g can chickpeas, rinsed and drained  
juice ½ lemon  
1 tbsp tahini  
2 tsp finely chopped coriander  
pitta bread, to serve

- 1 In a non-stick pan heat 1 tbsp of the oil, then fry the onion until soft and lightly browned. Remove from the heat and set aside to cool while you prepare the rest of the ingredients.
- 2 Toast the spices for a couple of mins on a low heat, then remove from the heat and grind to make a powder. In a food processor, blitz together the chickpeas, lemon juice, tahini, spices, some salt, the coriander and red onion until smooth.
- 3 Tip into a serving bowl and dress with the remaining olive oil. Warm the pitta breads and serve alongside the houmous.

**PER SERVING** 314 kcal, protein 11g, carbs 25g, fat 20g, sat fat 2g, fibre 6g, sugar 4g, salt 0.69g

## Romano peppers stuffed with paneer & peas

SERVES 2 • PREP 10 MINS • COOK 25 MINS

**Easy** **V** **Superhealthy**

2 tbsp vegetable oil  
¼ tsp each mustard seeds and turmeric  
1 tsp each cumin seeds, paprika, ground coriander and ground cumin,  
225g/8oz paneer cheese, cut into 2cm cubes  
100g/4oz frozen peas, defrosted  
1 tomato, diced  
2 Romano peppers

- 1 Heat the oil in a pan. Add the mustard seeds, turmeric and cumin seeds, and cook until the mustard seeds start to pop. Add the paprika, ground coriander, ground cumin and ½ tsp black pepper with the paneer, and stir-fry until a light golden colour, about 3-4 mins.
- 2 Add the peas and tomato with some salt. Cook for 5 mins more until the tomatoes have softened to a pulp-like texture, then remove from the heat.
- 3 Heat oven to 200C/180C fan/gas 6. Cut a slit in the peppers from top to bottom, but leaving 3-4cm intact at each end. Use a teaspoon to scoop out the seeds then stuff the peppers with the paneer mix. Transfer to a baking tray and roast for 10-12 mins until the peppers have blistered and browned lightly. Serve with the Yogurt & spice crusted roast potatoes.

**PER SERVING** 563 kcal, protein 30g, carbs 20g, fat 40g, sat fat 19g, fibre 5g, sugar 14g, salt 4.16g

## Yoghurt & spice crusted roast potatoes

SERVES 2 • PREP 10 MINS PLUS MARINATING

• COOK 30 MINS **Easy** **V** **Superhealthy**

Good source of calcium, folic acid and vit C, Low fat

500g/1lb 2oz baking potatoes, quartered  
**FOR THE MARINADE**  
250g/9oz natural set yoghurt  
1 large green or red chilli,  
finely chopped  
small piece ginger, grated  
1 garlic clove, crushed  
1 tbsp olive oil  
1½ tbsp gram or plain flour  
1 tsp each ground coriander  
and ground cumin

- 1 Cover the potatoes with lots of cold water in a medium saucepan, bring to the boil then simmer for 4 mins. Drain and leave until cool.
- 2 Grease a baking tray. Mix together all the marinade ingredients with a pinch of salt, ensuring they're well combined. Dip potatoes in the marinade, making sure they're well coated, then place on the baking tray. Leave to marinate in the fridge for 30 mins.
- 3 Heat oven to 200C/180C fan/gas 6. Place baking tray in the oven and cook potatoes for 20 mins, until browned and crisp.

**PER SERVING** 360 kcal, protein 12g, carbs 55g, fat 12g, sat fat 4g, fibre 4g, sugar 9g, salt 0.22g



*My style of cooking draws on my Indian heritage so I like to add spices with just enough heat to give my dishes plenty of flavour*



WEEKEND

# Mediterranean in an hour

Entertaining friends but lacking time? Impress them with an Friday feast, ready in just 60 minutes

PHOTOGRAPHS **DAVID MUNNS**

## Menu

Mediterranean-style dinner to serve 6



■ Pomegranate and sparkling water



■ Mezze of dips, vine leaves, almonds and pitta bread



■ Garlic chicken kebabs with yoghurt, onion and pine nut pilaff and gem lettuce



■ Baklava with dates





## Getting started

Your friends are coming round for dinner, but you've been too busy to arrange anything, let alone buy any ingredients. Don't panic – simply rip out our simple plan, shop quickly and you'll have this yummy three-course meal ready in an hour.

### SHOPPING LIST

- ☐ mini chicken fillet strips 750g
- ☐ garlic 1 clove, crushed
- ☐ wooden skewers
- ☐ greek yoghurt 200g, stirred well
- ☐ gem lettuce 1
- ☐ onions 2, sliced
- ☐ taramasalata 1 small tub
- ☐ roasted red pepper houmous 1 small tub
- ☐ marcona roasted almonds or whole almonds 150g
- ☐ vine leaves stuffed with rice 280g (try Zanae, in tins)
- ☐ Greek giant beans in tomato sauce 280g (Zanae, as above)
- ☐ white pitta bread 6
- ☐ brown pitta bread 6
- ☐ basmati rice 300g, rinsed in cold water
- ☐ pine nuts 50g
- ☐ baklava (find it in Geant or Carrefour bakery section or at Ferras Sweets, Al Barsha)
- ☐ dates 200g pack
- ☐ lemon 1, juiced
- ☐ large bottle Perrier or San Pellegrino
- ☐ pomegranate juice (try 1 bottle of Pom Wonderful)
- ☐ lime peel (optional, for mocktail decoration)

### STORE CUPBOARD

- ☐ olive oil
- ☐ caster sugar 3 tsp
- ☐ coffee (buy freshly ground coffee from Raw Coffee Company at The Garden Centre, Dubai)



## Countdown to dinner at 8pm

### 7pm

- Mix the chicken, garlic and 2 tbsp olive oil in a large bowl. Season. Thread each chicken strip lengthways onto a skewer and put to one side.
- Fill 4 small bowls with the stirred yoghurt.
- Wash and drain the lettuce.
- Set the table.

### 7.15pm

- Heat 2 tbsp oil in a frying pan and cook the onions until quite brown, stirring occasionally. This should take a good 10 minutes. Meanwhile, start preparing the starter. Open the dips, almonds, vine leaves and beans and put them in separate bowls. Arrange on one large platter dish or small bowls on the table.

### 7.25pm

- Heat the oven to 200C/fan 180C/gas 4.
- Lightly toast the pitta bread on both sides and slice each diagonally into three strips. Add them to the starter platter.

### 7.35pm

- Remove a small handful of onions from the pan for decoration. Put the remaining onions into a saucepan, pour the rice on top and cover with water up to 1 1/2 cm above the rice. Bring to the boil then cover with a lid and simmer for 5 minutes. Turn off the heat and leave until ready to serve.

### 7.40pm

- While the rice is cooking, lightly toast the pine nuts in a small frying pan. Set aside.
- Arrange the baklava and dates on a cake stand.

### 7.45pm

- Heat a griddle or frying pan until very hot and cook the chicken kebabs on each side to brown them. Transfer to the oven to cook through. Squeeze most of the lemon juice over the kebabs then cover with foil and keep warm.

### 7.55pm

- Fluff up the rice with a fork and stir through the pine nuts. Put in a bowl and top with the remaining onions. Dress the lettuce with oil and remaining lemon juice. Make the cocktail: mix the sparkling water, pomegranate juice and sugar together in a large jug with crushed ice. Strain into glasses and garnish with a twist of lime peel.

### 8pm

- Welcome your guests with a pomegranate mocktail.
- Tuck in to the starter.
- Serve the garlic chicken with rice, yoghurt dip and lettuce.
- Serve baklava and dates with coffee.

WEEKEND

# Cooking with a manicure



Sassy, fashionable Dubai-based foodie and marketing executive Farah Sawaf is launching *Cooking with a Manicure* later this month. A fun new recipe website, *BBC Good Food ME* joins Farah in the kitchen to find out more



We all know what it's like trying to manage our fast-paced, jam-packed lives in the UAE. Days turn into weeks... turn into months as we try to juggle deadlines, events, work commitments, children's birthday parties and regular trips home.

It can be a struggle to find the time to breath, let alone spend time shopping for the right ingredients and cooking a creative meal for friends and family.

Farah, with her own PR and marketing company (focusing on food of course) and a family to look after had this in mind when she created *Cooking with a Manicure*: A sassy, creative website with a host of scrumptious, creative recipes that you can whip up with ease.

From simple breakfasts you can make for yourself before work, to elaborate, but easy-to-create dinner party ideas to impress friends and family over the weekend, *Cooking with a Manicure* is packed with recipes that are interesting, and achievable too.

With an insatiable passion for cooking, dining-out and entertaining, Farah says that it was while living in Barcelona when her interest in food blossomed. As she meandered through markets and food stalls, and sampled the simple, but delicious Spanish cuisine, she would take the myriad of ingredients home and create her own concoction of dishes.

Inspired by Ferran Adria and how he pushed boundaries with molecular cuisine, Farah's kitchen became her own mad lab of culinary flair as she added orange blossom water to her scallops and strawberries to her steak dishes.

"I love surprising people with food. As friends came over for dinner, they would ask 'what is that flavour?' and as I described the flavour combinations, they would always ask for the recipe, too! This inspired me to start *Cooking with a Manicure*, to let busy, sophisticated, creative woman realise their creative flair in the kitchen," says Farah.

Here are some yummy, summer dishes from *Cooking with a Manicure* to whet your appetite for the site to come. Launching in the middle of August, be sure to log onto [www.cookingwithamanicure.com](http://www.cookingwithamanicure.com) soon to get your creative, foodie fix.





## Watermelony shrimp

SERVES 4 TO 6 • 30 MINUTES

*This unusual salad is an amazingly simple and versatile. Serve the shrimps warm, with cracked black pepper and grated lime as garnish, or cold if you feel like making ahead of time and pop into fridge for an hour.*

*Farah's recommended nail polish color for this recipe: Zesty Mint Tea*

### INGREDIENTS:

15 medium sized fresh raw shrimp, peeled, cleaned and deveined  
 2½ teaspoons curry powder  
 2½ teaspoons honey  
 2½ teaspoons chopped cilantro  
 1½ cups sweet red cups cubed watermelon, de-seeded, cut into small ½ inch chunks, if cutting from a fresh whole watermelon, keep thick peel to use as serving dish  
 1½ teaspoons freshly grated lime zest  
 1½ teaspoons fresh mint, finely chopped  
 1 medium cucumber, peeled and cubed into small ½ inch chunks  
 1½ tablespoons Greek yoghurt or sour cream if Greek not available

**1** In a bowl, mix shrimp, curry, honey, and cilantro. Refrigerate the shrimp while you continue the recipe.

**2** In another medium bowl, combine watermelon, grated lime, mint and cucumber. Set aside and chill in refrigerator.

**3** In a large non-stick skillet, add a bit of olive oil over medium heat. Remove the marinated shrimp from refrigerator place in skillet. Cook for 5 to 7 minutes, until shrimp are no longer pink.

**4** Add the cooked shrimp mix to the watermelon medley in medium bowl. Combine the yogurt and mix well. Season with salt according to taste.

**5** You can either serve warm or place back in the refrigerator and serve chilled. Use the thick watermelon peel as the serving dish, looks amazing!

## Cucumbery Salmon

SERVES 4 • 35 MINUTES

*This is a meal of beautiful contrasts; fresh and crisp cucumber yoghurt over a succulently-pink salmon steak. Accompanied by a fresh salad and cool drink, this is the perfect meal to enjoy under a gazebo during a lazy summer lunch.*

*Farah's recommended nail polish colour for this recipe: Tusk*

### INGREDIENTS:

4 small pieces of salmon fillet, no bones, without skin better but no problem if not removed (approx 200 grams each)  
 1 small lemon, sliced into rounds  
 1 green onion stick, both green and white parts, chopped  
 Extra-virgin olive oil  
 Sea salt and fresh grated black pepper

### CREAMY TOPPING:

¼ cup low fat yoghurt  
 2 tablespoon low fat sour cream  
 ¼ cup cucumber, shredded  
 1/8 teaspoon salt  
 1/8 teaspoon freshly ground pepper  
 ½ teaspoon fresh dill, chopped (substitute with dried if not available)



### GARNISH:

¼ cup shredded cucumber  
 Half fresh lemon, cut into wedges  
 1 tablespoon of parsley, chopped

**1** Preheat oven to 350 degrees Fahrenheit (175 degrees Celsius).

**2** Lay the salmon on a non-stick baking sheet. Drizzle olive oil over it, and sprinkle on the freshly-ground pepper and salt to taste. Place the green onion on top, gently pressing the pieces into the salmon. Lay one slice of lemon over each piece.

**3** Place in the oven and cook for 25 minutes. Switch oven to broil for few minutes, and cook until you get a nice pinkish-brown top crust.

**4** When removing the salmon fillets from the pan, use a spatula to remove just the salmon, while leaving the skin on the pan.

**5** Mix all ingredients together for creamy topping.

**6** Place each salmon fillet on individual plates and spoon over the desired amount of topping.

**7** Garnish with parsley, lemon, or more chopped cucumbers.

# Friday night fajitas



Brave the heat and start the weekend with a barbecue – everyone can help themselves to this Mexican feast

RECIPES **ADAM RUSSELL**  
PHOTOGRAPHS **PETER CASSIDY**

**RAIN OR SHINE...** If it isn't barbecue weather, cook the steaks on a hot griddle pan and the Sizzled onions & peppers in the pan on the stove.

## Barbecued fajita steak

SERVES 4 ● PREP 5 MINS PLUS  
MARINATING ● COOK 8 MINS PLUS  
RESTING **Easy**

4 beef steaks, preferably rib-eye, approx 250g/9oz each  
8 flour tortillas, plus all the side dishes, to serve  
150ml pot soured cream (optional)

### FOR THE MARINADE

juice 6 limes  
2 tbsp olive oil  
4 garlic cloves, crushed  
2 tsp dried oregano  
4 tsp ground cumin  
2 tsp freshly ground black pepper  
small bunch coriander, finely chopped

**1** Mix all the marinade ingredients in a bowl. Lay the steaks in a shallow dish or tray, then pour over the marinade. Turn to coat the steaks all over in the mix, then allow to stand for at least 1 hr, or cover and chill for up to 24 hrs.  
**2** Heat the barbecue. When it is hot, wipe any excess marinade from the steaks, then cook for 3 mins on each side for medium-rare or longer if you prefer it more cooked. Allow the steak to rest for 5 mins, then cut into thick slices.  
**3** To assemble the fajitas, warm 8 large flour tortillas on the barbecue. Spread with mashed black beans, then pile slices of steak, some onions & peppers, pico de gallo, guacamole and some soured cream if you like. Roll up and enjoy with a glass of Michelada!

**PER SERVING** 543 kcals, protein 54g, carbs 3g, fat 35g, sat fat 16g, fibre none, sugar 2g, salt 0.33g

## Great guacamole

SERVES 4 ● PREP 10 MINS ● NO COOK  
**Easy**

small bunch coriander, chopped  
2 garlic cloves, crushed  
1 tbsp jalapeño peppers from a jar, drained and finely chopped  
juice 2 limes, or to taste  
4 avocados

In a medium bowl, mix the coriander, garlic and jalapeños with the lime juice. Peel, stone and roughly mash the avocados with a potato masher, add them to the bowl with the other ingredients and some seasoning, and serve with the fajitas or with some tortilla chips to start.

**PER SERVING** 263 kcals, protein 3g, carbs 4g, fat 26g, sat fat 6g, fibre 5g, sugar 2g, salt 0.08g

## Simple mashed black beans

SERVES 4 ● PREP 5 MINS ● COOK 5 MINS **Easy**   
**Superhealthy** HIGH IN FIBRE

Heat **1 tbsp olive oil** in a large frying pan. Add **3 crushed garlic cloves** and cook for 1 min, stirring all the time. Add **2 x 400g cans of black beans**, drained. Season and cook for a further 2 mins. Use a potato masher or the back of a spoon to mash the beans into a coarse purée, remove from the heat and stir in 3 tbsp water, or enough to make the beans easy to spread. Serve immediately.

**PER SERVING** 151 kcals, protein 9g, carbs 22g, fat 3g, sat fat none, fibre 6g, sugar 1g, salt 0.05g

## Mexican chopped salad (Pico de gallo)

SERVES 4 ● PREP 15 MINS PLUS CHILLING ● NO COOK **Easy**

4 tomatoes, chopped  
1 red onion, finely chopped  
1 tbsp jalapeño peppers from a jar, drained and finely chopped  
2 garlic cloves, crushed  
small bunch coriander, roughly chopped  
juice 1 lime

Stir all the ingredients together in a medium bowl with some seasoning then put it into the fridge to chill. You could do this the day before. About 20 mins before you are ready to eat, take the salad out and bring it back to room temperature.

**PER SERVING** 29 kcals, protein 1g, carbs 6g, fat none, sat fat none, fibre 1g, sugar 5g, salt 0.08g

## Sizzled onions & peppers

SERVES 4 ● PREP 5 MINS ● COOK 5-10 MINS **Easy**   
**Superhealthy** 2 OF 5-A-DAY

Heat **2 tbsp olive oil** in a large frying pan placed directly on the barbecue grill. Add **3 sliced red onions** and **3 sliced mixed peppers** and fry, stirring frequently, until the vegetables have softened and are starting to brown. Tip into a serving bowl.

**PER SERVING** 102 kcals, protein 2g, carbs 11g, fat 6g, sat fat 1g, fibre 3g, sugar 9g, salt 0.02g





Mexican  
chopped salad



Barbecued  
fajita steak



Simple mashed  
black beans

Sizzled  
onions &  
peppers



Great  
guacamole





# Yes, you *can* make a wedding cake!



Sarah Cook's modern cakes are stunning, but easier than you think – perfect for both beginners and experienced bakers looking for something different for the big day

*Pudding and cake in one*

**TIP** Any green in your colour scheme? Scatter some chopped pistachios over meringues before baking.



## Pavlova cake with berries & cream

SERVES 12-14 • PREP 1 HR PLUS COOLING • COOK 2 HRS **Moderately easy** Meringues only

9 large egg whites  
600g/1lb 5oz caster sugar  
1 tbsp cornflour  
1 tbsp white wine or malt vinegar  
**TO ASSEMBLE AND SERVE**  
400ml/14fl oz double cream  
75g/3½oz icing sugar, plus extra to dust  
2 tsp vanilla extract  
250g/9oz mixed berries, plus a handful extra for the top

**1** Heat oven to 120C/100C fan/gas ½. Draw three circles, 20cm, 16cm and 12cm on baking parchment (a compass is really good for this). Flip the paper onto baking sheets, so the pen is underneath.

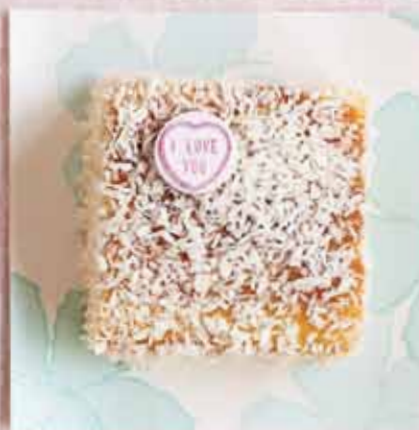
**2** Whisk whites until stiff peaks form on the ends of the electric whisk. Tip in a quarter of the sugar, whisk back to stiff, then repeat once adding the cornflour and vinegar, before folding in remaining sugar. Spoon the mixture into the circles, shaping to fill, smoothing the centre but leaving the edges rough. Bake for 30 mins then turn down to 100C/80C fan/gas ¼ and cook for 1½ hrs more – they will peel away from the parchment when done. Cool in oven with the door slightly ajar. Meringues will keep for 2 weeks in an airtight container.

**3** Whip cream with the icing sugar and vanilla, drop in the berries and fold just once or twice. Chill for up to 24 hrs until ready to assemble – the Pavlovas are best assembled no more than 1 hr before serving.

**4** Peel the meringues completely from paper and stack on a serving plate, layering with cream. Arrange a few more berries on top, then dust with icing sugar.

**PER SERVING** (12) 413 kcals, protein 3g, carbs 63g, fat 18g, sat fat 10g, fibre 1g, sugar 62g, salt 0.17g





*Choose your favourite* Pick & mix lamingtons – recipe, p98







## Pick & mix lamingtons

MAKES 60 (EACH SPONGE MAKES 15)

● PREP 2 HRS ● COOK 25 MINS

**Easy** ❄️ Uncut sponges

4 x 250g packs softened butter, plus extra for greasing  
4 x 280g/10oz self-raising flour  
4 x 250g/9oz caster sugar  
1 tsp baking powder  
16 large eggs  
4 x 150ml pots natural yogurt  
4 tpsps vanilla extract  
jar each lemon curd, seedless raspberry jam and lime marmalade  
4 x 140g desiccated coconut  
131g bag of love hearts and 60 x roughly 10cm squares of pretty paper

**1** Heat oven to 180C/160C fan/gas 4. Grease and line a 20 x 30cm baking or roasting tin with baking parchment. Beat 250g butter, 280g flour, 250g sugar, ¼ tsp baking powder, 4 eggs, a pot of yogurt and 1 tsp vanilla together with an electric whisk until lump-free. Spoon into tin and bake for 25 mins until a skewer poked in comes out clean. Repeat three more times to make 4 sponges. Cool on wire racks. Sponges can be wrapped well in cling film and frozen for up to a month.

**2** Trim edges off each sponge, then cut each into 15 x roughly 5cm squares. Warm jam and marmalade until runny, sieving the marmalade of its bits. Tip the coconut onto a tray. Brush each square on the top and sides with either curd, jam or marmalade – then dip into coconut. Can be made the day before and stored in airtight containers. Top with love hearts and sit on squares of coloured paper before the wedding.

**PER SERVING** 401 kcals, protein 5g, carbs 47g, fat 23g, sat fat 15g, fibre 2g, sugar 33g, salt 0.51g

## Double-the-love chocolate cake

SERVES 25 ● PREP 2 HRS PLUS COOLING ● COOK 1 HR 50 MINS **Easy** ❄️ UN-ICED SPONGES ONLY

400g/14oz butter  
200g/8oz plain chocolate  
700g/1lb 8oz plain flour  
800g/1lb 12oz caster sugar  
100g/4oz cocoa  
2 tsp bicarbonate of soda  
4 large eggs  
400ml/14fl oz buttermilk  
TO ASSEMBLE  
2 x 200g bars white chocolate  
550g/1lb 4oz softened butter  
550g/1lb 4oz icing sugar  
2-3 x 80g bags white chocolate buttons  
flowers and ribbons, optional

**1** Heat oven to 180C/160C fan/gas 4. Grease and line the base and sides of deep, round 20cm and 15cm cake tins with baking parchment – making sure the paper comes a few cms above the sides.

**2** Boil the kettle. Put half the butter and chocolate in a pan and gently melt, stirring. Mix together half of the flour, sugar, cocoa and bicarb with a pinch of salt. Whisk 2 of the eggs and 200ml buttermilk together. Scrape the melted chocolate mixture and egg mixture into the dry ingredients. Add 150ml boiling water and whizz everything together with an electric

whisk until lump-free. Divide between the tins and bake for 40-45 mins, swapping round after 30 mins if they're on different shelves (the 15cm one should be done after 40 mins). To test they're cooked, push in a skewer and check it comes out clean. Cool the cakes in their tins.

**3** Repeat steps 1 and 2 again, so you end up with 2 x 20cm cakes and 2 x 15cm cakes.

**4** Melt the white chocolate in a bowl over a pan of barely simmering water. Beat together the butter and icing sugar, then beat in the white chocolate. When the cakes are cool, split each one in half. Use the icing to sandwich back together so you end up with 2 x four-layered cakes. Sit the 20cm cake on your serving plate and spread some more icing over the top. Sit the smaller cake on top of that, and completely cover with icing. Decorate with the chocolate buttons.

**5** If you want to add some flowers choose something edible, like roses. Make a posy, wrapping the stems in a little damp kitchen paper then some cling film, add a ribbon and add to the cake on the day of the wedding.

**PER SERVING** 729 kcals, protein 7g, carbs 83g, fat 43g, sat fat 26g, fibre 2g, sugar 60g, salt 0.79g







## Little rose & almond cupcakes

MAKES 12 EASILY DOUBLED OR MORE • PREP 1 HR 15 MINS • COOK 18-22 MINS **Easy** Un-iced

140g/5oz self-raising flour  
100g/4oz ground almonds  
½ tsp baking powder  
175g/6oz caster sugar  
½ tsp almond extract  
3 large eggs

100g/4oz natural yogurt  
175g/6oz melted butter

### TO DECORATE

100g/4oz icing sugar, plus extra  
for dusting and sticking syrup  
350g/12oz ready-roll icing  
175g/6oz marzipan  
green, yellow and pink food colourings

**1** Heat oven to 180C/160C fan/gas 4 and line a 12-hole muffin tin with cupcake or

muffin cases. Mix the flour, almonds, baking powder and sugar together in a large bowl. Beat the almond extract and eggs into the yogurt, then tip this into the dry ingredients with the butter. Whisk together until lump-free, then divide between the cases. Bake for 18-22 mins until a skewer poked in comes out clean. Cool on a wire rack. The cakes will freeze for up to 1 month.

**2** Roll out the marzipan on a surface dusted with a little icing sugar, to about the thickness of a £1 coin. Using a 6cm round biscuit cutter, stamp out 12 circles, re-rolling and stamping trimmings if necessary. Mix enough icing sugar into a cup of water to give a syrupy icing, then brush over backs of the marzipan circles and stick onto cakes.

## MAKE IT EVEN EASIER FOR YOURSELF

- The un-iced, un-cut cakes can be well-wrapped in cling film and frozen for up to a month (just defrost overnight at room temperature before decorating).
- The buttercream will be fine in the fridge for up to a week, just bring it back to room temperature before using it so that it is soft enough to spread.
- Once iced, the cakes will be fine for 24 hours in a cool-ish place, but not the fridge. The un-iced cakes will still taste great after two days, so if you don't have room in your freezer you can still start baking a couple of days before the wedding and ice the day before. Then all you have to do on the big day is poke in some flowers, if you like.

**3** Knead a little yellow food colouring into one-quarter of the ready-roll icing, a little pink into another quarter and green into another quarter. Wrap up the green icing and set aside, then repeat step 2 using a 7cm cutter to stamp out 4 circles each from the pink, yellow and white icing, sticking again with syrup.

**4** Mix enough water into the 100g icing sugar to give a stiff-ish icing. Divide into three, leave one white, and colour the others pink and yellow – make these colours a little darker so the roses stand out. Transfer icing into small food bags, twist tops to seal and snip off just the tiniest tip of one corner on each bag. Pipe spirals on cakes, mixing up the colours. Pinch small bits of the green icing into leaves, marking the vein with a toothpick if you like. Add 1, 2 or 3 leaves to each spiral so it looks like a rose (you can use the syrupy icing to help them stick if you need). The cakes are best eaten within 2 days, and once decorated will keep for 1-2 days in airtight containers.

**PER SERVING** 488 kcals, protein 6g, carbs 72g, fat 22g, sat fat 9g, fibre 1g, sugar 63g, salt 0.46g

**TIP** Don't forget to buy muffin cases, 6cm and 7cm round biscuit cutters and small food bags.



# My best burgers

Friday  
night with  
friends

I'm a big fan of burgers, but they've got to be made with top-quality meat, and served with my spicy relish and all the trimmings

JOHN TORODE **BBC MASTERCHEF JUDGE**

## John Torode's big burger

MAKES 4 DOUBLE BURGERS ●  
PREP 25 MINS ● COOK 30 MINS

**Easy** Burger only

### FOR THE SPICY TOMATO RELISH

1 tbsp olive oil  
2 tsp ground cumin  
1 bay leaf  
2 garlic cloves, crushed  
2 small shallots, chopped  
1 red chilli, chopped  
1 celery stick, chopped  
500g/1lb 2oz very ripe tomatoes,  
roughly chopped

### FOR THE BURGER

2 egg yolks  
50g/2oz oyster sauce  
6 slices bread, made into crumbs,  
then soaked in a little water  
1kg/2lb 4oz good-quality beef mince,  
not lean

### TO SERVE

8 slices Gruyère (optional)  
4 burger buns, warmed  
little butter  
4 tbsp good-quality mayo  
squeeze mustard  
1 beef tomato, sliced  
few cooked rashers turkey or veal  
bacon  
Little Gem lettuce leaves  
guacamole, see recipe (right)  
few gherkins

**1** First make the relish: heat oil in a large frying pan and add the cumin.

Let it cook for a moment, then throw in the bay, garlic, shallots and chilli. Cook for 2 mins until soft but not coloured, then add the celery and tomatoes. Sweat everything down gently for 20-30 mins until the tomatoes lose their shape. Remove from the heat, season and leave to cool. This can be made a few days in advance and kept in the fridge.

**2** To make the burgers, mix the egg yolks in a large bowl with the oyster sauce and soaked breadcrumbs. Season with lots of fresh, black pepper then add the meat, breaking it up a little. Mix everything, trying not to overwork the mixture or the burger will become heavy.

**3** Take the mix and divide in half, then into half and half again so you end up with 8 even pieces. Roll each one into a ball and place a 10 x 10cm square of greaseproof paper on the bottom and top. Put in the fridge for 15 mins to firm.

**4** Heat a griddle pan. Take 4 burger balls from the fridge and push them down so they become discs about the size of a burger bun, about 2cm thick, between the 2 pieces of greaseproof. Peel the paper off one side and slap down in the pan with no oil or seasoning. Peel the top layer of paper off and cook on a very high heat for a couple of mins. In total, a burger this size will take about 5-10 mins to cook, but you need a bit of colour and texture, so exactly how long is up to you. I turn my burgers after 2 mins, but I cook on a very high heat, and I like

them a little pink. Keep warm in a low oven while you cook the rest, topping with the cheese slices, if you like, for the final few mins so they melt a little.

**5** Lay the 2 halves of the warm bun in front of you and butter them lightly. Spread the mayo on both sides followed by a little mustard on the top bun and tomato relish on the bottom. Place a slice of tomato on the bottom bun followed by the first burger with the cheese, then some bacon, then the next burger, more relish, lettuce and finally the guacamole. Top with the bun and eat with the gherkins on the side.

**PER SERVING** 994 kcals, protein 71g, carbs 33g, fat 65g, sat fat 30g, fibre 2g, sugar 7g, salt 3.25g

## John's great guacamole

SERVES 4 WITH LEFTOVERS ●

PREP 15 MINS ● NO COOK **Easy**

**Superhealthy** Counts as 1 of 5-a-day

**Peel and stone 2 ripe avocados** and put in a bowl. Mash using a fork until fairly smooth, but with a little texture.

In a small bowl, mix together **juice 1 lemon, 8 drops Tabasco sauce, 1 deseeded, finely diced long red chilli, chopped small bunch coriander, finely chopped small red onion, 2 tbsp olive oil and some salt**. Fold this through the avocado. Make it just before serving and don't put it in the fridge.

**PER SERVING** 232 kcals, protein 2g, carbs 3g, fat 24g, sat fat 3g, fibre 3g, sugar 1g, salt 0.08g





*I love the idea of stacking my favourite flavours together and using lashings of relish. The other important thing is the bun – it must be soft and warm, but not too much to melt your mayo!*



WEEKEND

# Make a batch

These prepare-ahead dishes can be served straight away or stored in the freezer for another time – a brilliant solution for busy cooks

RECIPES **LUCY NETHERTON** PHOTOGRAPHS **WILL HEAP**

Freeze in  
handy  
portions

**TIME**  
to get  
ahead

## Thai prawn, potato & vegetable curry

SERVES 8 • PREP 15 MINS •

COOK 30 MINS **Easy** ❄️

1 tbsp olive oil  
4 tbsp Thai green curry paste  
1 lemongrass stalk, outer layer removed,  
finely chopped  
2 red peppers, cut into chunky strips  
450g/1lb baby new potatoes, halved  
2 x 400g cans coconut milk, see tip  
300ml/½pt chicken stock  
5 kaffir lime leaves, torn  
1 bunch spring onions, sliced  
225g/8oz frozen peas  
600g/1lb 5oz raw king prawns  
100g bag baby spinach  
2 tbsp Thai fish sauce  
bunch coriander, leaves picked  
juice 1 lime, plus extra wedges, to serve

**1** Heat oil in a large frying pan or wok. Fry the curry paste and lemongrass for 1 min, until fragrant. Tip in peppers and new potatoes, then stir them to coat in the paste. Cook for 1-2 mins. Pour in coconut milk, stock and kaffir lime leaves, then bring to the boil. Simmer and cook for 15 mins, until potatoes are just tender.

**2** Add remaining ingredients, but if you're freezing don't add spinach or coriander yet, and cook until the prawns turn pink, about 4 mins. Serve, with some extra lime wedges, if you like, or cool before freezing in containers.

**PER SERVING** 324 kcal, protein 20g, carbs 18g, fat 20g, sat fat 15g, fibre 3g, sugar 7g, salt 1.97g

❄️ Defrost in the fridge for 48 hrs or leave out at room temperature until fully defrosted, about 6-8 hrs. Once defrosted, reheat gently on the hob, until piping hot, then stir in spinach and coriander to wilt before serving.

If you are freezing this dish, you need to use full-fat coconut milk. If not, and you want to reduce the fat content, use light coconut milk.



Maple, pecan & raisin oaty  
cookies – recipe over the page



❄ These chewy, oaty cookies may stick together a bit if just thrown into freezer bags, so instead, stack them between small squares of baking parchment or greaseproof paper. Then it's even easier to defrost a batch, or simply pick one or two to go with your afternoon cuppa.



## Maple, pecan & raisin oat cookies

MAKES 18 ● PREP 20 MINS ●  
COOK 15 MINS Easy

140g/5oz rolled oats  
50g/2oz desiccated coconut  
225g/8oz plain flour  
140g/5oz salted pecans, roughly chopped  
100g/4oz raisins  
140g/5oz unsalted butter  
225g/8oz light soft brown sugar  
3 tbsp maple syrup  
3 tbsp golden syrup  
2 tbsp boiling water  
1 tsp bicarbonate of soda

- 1** Heat oven to 160C/140C fan/gas 3. Line 3 large baking trays with baking parchment. In a medium bowl mix the oats, coconut, flour, pecans and raisins. Set aside.
- 2** In a small saucepan, melt the butter and sugar with the syrups, then remove from the heat. Combine the boiling water and bicarb, then add this to the butter mix. Pour over the oat mixture and stir to combine. Form balls using an ice-cream scoop of mixture and place on the lined trays, with lots of space around them, about 6 per tray. Flatten each ball slightly.
- 3** Bake for 14-16 mins, depending on how chewy you like them. Allow to stand for 1 min then transfer to a wire rack to cool. Keep in an airtight container for up to 1 week, or freeze for up to 3 months.

**PER COOKIE** 279 kcals, protein 3g, carbs 36g, fat 15g, sat fat 6g, fibre 2g, sugar 20g, salt 0.27g



## Sausage, bean & cheese pasties

MAKES 12 ● PREP 30 MINS PLUS RISING ● COOK 30 MINS Easy

500g pack bread mix  
8 beef or chicken sausages  
2 x 420g cans baked beans  
140g/5oz cheddar, grated  
1 egg, beaten

- 1** Prepare the bread mix following pack instructions. While the dough rises, make the filling. Skin the sausages and roll the meat into small meatballs, about 6-8 per sausage. Heat a large deep frying pan and brown the sausages. You may need to do this in batches. Once they're all brown, return them to the pan and pour in the beans. Mix to combine, then allow to cool a little while you roll the dough.
- 2** Heat oven to 200C/180C fan/gas 6. Grease 2 or 3 large, flat baking sheets. Divide the dough into 12 and roll out each one to a circle, roughly 17cm in diameter – and keep the remaining balls of dough covered with oiled cling film or a damp tea towel.
- 3** Taking each circle in turn, fill with a scoop of the bean mix and a little of the grated cheese. Fold in half, pressing well

to seal. Crimp the edges then transfer to an oiled baking tray. Keep covered with oiled cling film while you make the rest. Brush with a little beaten egg and cook for 15-20 mins until puffed up and golden. 4 Remove and allow to cool slightly on a wire rack. Eat warm or at room temperature. If you would like to freeze the pasties, completely cool and freeze in a single layer on a flat tray covered well. Once frozen, transfer them to a freezer bag and seal well.

**PER SERVING** 348 kcals, protein 16g, carbs 38g, fat 16g, sat fat 6g, fibre 5g, sugar 6g, salt 2.4g

Allow to defrost overnight in the fridge or for 4-5 hrs at room temperature. Reheat in a hot oven for 10 mins until piping hot.



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WEEKEND

# Indian summer

Enjoy the sunshine flavours of Goa, one of my favourite places, with this relaxed seafood menu to cook outside. Make everything ahead, then just cook when you're ready – what could be simpler? Sara Buenfeld

PHOTOGRAPHS LIS PARSONS



## MENU SERVES 6

### STARTERS

- Crisp poppadums with Fresh coconut chutney, Mint raita and bought mango chutney or lime pickle

### MID COURSE

- Piri-piri prawns with Mint relish

### MAIN COURSE

- Tomato, cucumber & coriander salad
- Turmeric pilau with golden onions
- Tikka-style fish

### DESSERT

- Rosewater & pistachio kulfi with griddled mangoes



### Fresh coconut chutney

SERVES 6 ● PREP 15 MINS

● NO COOK **Easy** **V** **X**

- 200g/8oz grated fresh coconut and 3 tbsp coconut water from the centre
- 4 green chillies, deseeded and roughly chopped
- 2 tbsp tamarind paste
- 1 tsp salt
- 2 tbsp sunflower oil
- 2 tsp small black lentils (from Waitrose)
- 1 tsp black mustard seeds
- 12 curry leaves (I used Bart Spices)

**1** Put the coconut in a food processor with the coconut water, chilli, tamarind paste and salt. Blend until smooth and tip into a bowl.

**2** Heat the oil in a small pan and fry the lentils, mustard seeds and curry leaves until the seeds start to pop. Stir into the coconut.

**PER SERVING** 173 calories, protein 2g, carbohydrate 6g, fat 16g, saturated fat 11g, fibre 3g, sugar 5g, salt 0.87g

### Mint relish & raita

SERVES 6 ● PREP 15 MINS

● NO COOK **Easy** **V** **X**

*This makes two recipes from one, as some of the mint relish (that's served with the prawns) is stirred with yogurt to make a cooling mint raita.*

- 50g/2oz mint leaves
- 2 x 20g packs coriander
- 2 fresh green chillies, deseeded
- ½ tsp salt
- 2 tsp caster sugar
- 2 tbsp lemon juice
- 2 x 150ml pots natural yogurt
- poppadums, to serve

Put the herbs in a food processor along with the chillies, salt, sugar, lemon, 1 tbsp water and 2 tbsp yogurt. Blend really well to make a green paste. Tip into a bowl. Spoon off 4 tbsp and mix with the rest of the yogurt to make raita. Cover and chill both overnight.

**PER SERVING** 37 calories, protein 3g, carbohydrate 5g, fat 1g, saturated fat none, fibre none, sugar 5g, salt 0.52g

### HOW TO BBQ POPPADUMS

Use tongs to hold a poppadum over the BBQ for just a few secs until it puffs up. Alter the position of the tongs to ensure it cooks evenly.

### Piri-piri prawns

SERVES 6 ● PREP 10 MINS ● COOK 5 MINS

**Easy** **X** Low fat

- 4 tbsp sunflower oil
- 4 garlic cloves, crushed
- 2 red chillies, deseeded and finely chopped
- ¼ tsp salt
- ½ tsp paprika
- 18 large raw prawns in their shells (with the heads on, if possible)
- mint relish, to serve (see recipe, left)

Mix the oil with the garlic, chilli, salt and paprika, then toss in the prawns. Marinate the prawns in the fridge for up to 1 day.

### TO BARBECUE

Cook the prawns singly or thread 3 onto skewers to make portions. Barbecue for just a few mins each side until they turn from grey to pink. Serve with the mint relish (just tiny pots per portion), warm finger bowls with lime slices, napkins, and a bowl for the shells.

**PER SERVING** 134 calories, protein 15g, carbohydrate 1g, fat 8g, saturated fat 1g, fibre none, sugar none, salt 0.63g



● While you are waiting for the barbecue to get going, serve the poppadums, raita and my fresh coconut chutney. When the coals are glowing, follow with a mid-course of succulent, spicy prawns with mint relish ●

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## Turmeric pilau with golden onions

SERVES 6 • PREP 20 MINS • COOK 5 MINS **Easy** **V** **X** Low fat

400g/14oz basmati rice  
4 tbsp olive oil  
1½ tsp cumin seeds  
1 tsp black mustard seeds  
2 large onions, halved and sliced  
just under 1 tsp turmeric  
2 red or green chillies, deseeded and thinly sliced

**1** Thoroughly rinse the rice until the water looks completely clear. Drain, then tip into a large pan of salted water. Bring to the boil and cook for 6 mins until just tender, but check after 5 mins. Drain well, cool and chill.

**2** Heat the oil in a large wok and fry the spices until they start to pop. Add the onions, then cook, stirring frequently, until the onions are tender and golden. Stir in the turmeric and chilli, and cook for 1-2 mins more. Cool.

### TO BARBECUE

Heat the wok over the coals and, when the onions are sizzling, add the rice and cook, turning until heated through. If the embers are starting to die down a bit, cover the wok with a lid or foil to keep in the heat.

**PER SERVING** 323 kcalories, protein 6g, carbohydrate 60g, fat 8g, saturated fat 1g, fibre 1g, sugar 4g, salt 0.01g

## Tikka-style fish

SERVES 6 • PREP 10 MINS • COOK 12-16 MINS

**Easy** **V** **X** **✓** Good source of omega-3s, heart healthy, low fat

2 tbsp finely grated fresh root ginger  
4 garlic cloves, finely grated or crushed  
2 whole sea bream or red snapper (about 900g/2lb each) or 6 fish steaks like tuna  
6 tbsp plain yogurt  
2 tbsp olive oil  
2 tsp turmeric  
2 tsp mild chilli powder  
3 tsp cumin seeds

**1** Slash the skin of the whole fish, if using, on each side with a sharp knife. Mix the ginger and garlic, season with salt, then rub all over the fish.

**2** Mix the yogurt with the oil, spices and seasoning. Use to coat the fish inside and out, then chill until ready to cook.

### TO BARBECUE

Cook straight on the rack (or on foil if you are afraid of it sticking) for 6-8 mins each side for the whole fish, or 3-4 mins for the tuna steaks. Cooking time will depend on how hot your barbecue is when you start.

**PER SERVING** 266 kcalories, protein 39g, carbohydrate 4g, fat 11g, saturated fat 2g, fibre none, sugar 1g, salt 0.67g

## MAKE IT CHICKEN

### Goan BBQ chicken

SERVES 6 • PREP 10 MINS • COOK 15 MINS **Easy** **V** **X** **✓** LOW FAT

*As an alternative to the fish, you could substitute this authentic Goan chicken recipe.*

12-18 boneless, skinless chicken thighs  
**FOR THE MARINADE**

juice 1 lime  
1 tbsp malt vinegar  
2 tbsp sunflower oil  
½ tsp salt  
4 dried Kashmiri chillies  
thumb-size piece fresh root ginger  
1 small onion  
½ tsp ground cinnamon  
1 tbsp coriander seeds  
4 garlic cloves

Tip all the marinade ingredients into a food processor and blend until smooth. Tip into a large bowl, add the chicken and toss well so it is evenly coated. You can marinate the chicken for up to 2 days in the fridge.

### TO BARBECUE

Cook for 15 mins, turning frequently, until cooked all the way through.



## Tomato, cucumber & coriander salad

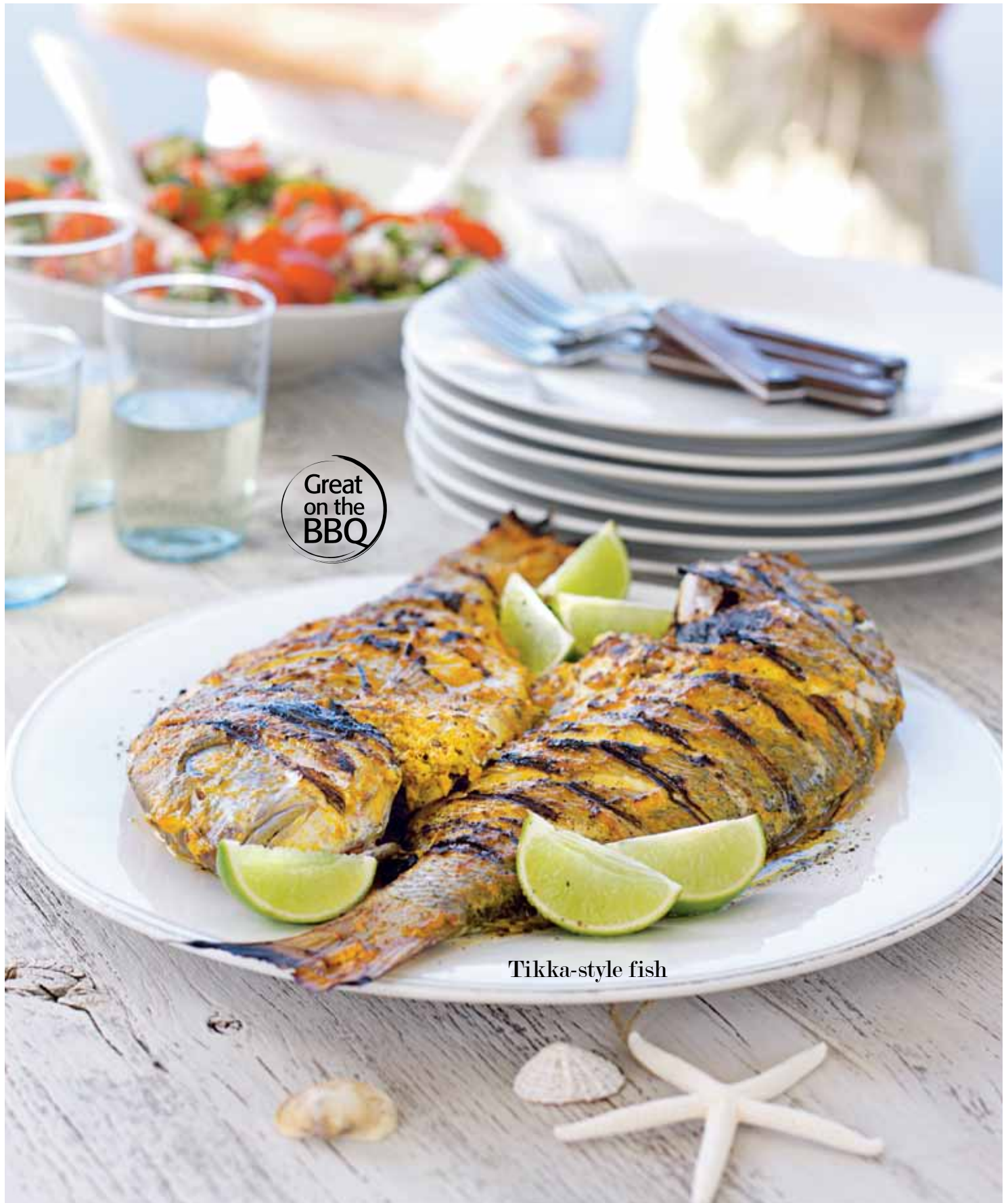
SERVES 6 • PREP 15 MINS • NO COOK

**Easy** **V** **X** **✓** Counts as 2-of-5-a day, low fat

Mix together **6 deseeded and chopped vine-ripened tomatoes**, **1 small diced cucumber**, **1 very finely chopped red onion**, and **6 tsp chopped coriander**, but don't season until just before serving.

**PER SERVING** 34 kcalories, protein 2g, carbohydrate 6g, fat none, saturated fat none, fibre 2g, sugar 6g, salt 0.03g





Tikka-style fish



## WEEKEND

### Rosewater & pistachio kulfi with griddled mangoes

SERVES 6 • PREP 15 MINS PLUS FREEZING • COOK 5-10 MINS **Easy** ❄️ *Kulfi is usually made from milk that has been boiled for several hours. This sneaky version is made with condensed milk, so all the hard work has been done for you.*

450g tube condensed milk  
2 tbsp rosewater  
50g/2oz very finely chopped pistachios,  
plus roughly chopped pistachios to serve  
284ml tub double cream  
3 small, ripe mangoes

**1** Squeeze the condensed milk into a bowl and beat in the rosewater and pistachios. Lightly whip the cream until it holds its shape, then fold into the pistachio mixture.  
**2** Pour into 6 small ramekins or pyramid moulds. Freeze, then cover with cling film.

#### KNOW HOW

Rosewater is made by distilling rose petals – boiling them gently in water and condensing the steam. It's a common flavouring in the Middle East, Turkey and India and as well as giving Turkish delight its distinctive taste it is also used to flavour syrups, creamy desserts and as a dressing for fruits and cakes. Add to water when you're poaching peaches or to a sugar syrup to stir through a summery fruit salad.

#### TO SERVE

Slice each mango on either side of the stone to make 6 halves, but don't peel. Score a criss-cross into the flesh, but don't slice through the skin. You can do this several hrs ahead. Cook on the barbecue flesh-side down until starting to caramelize. Leave as it is or turn inside out to make the segments stand proud. Serve with the kulfi scattered with the pistachios (and a squeeze of lime, if you like).

**PER SERVING** 601 calories, protein 10g, carbohydrate 60g, fat 38g, saturated fat 20g, fibre 3g, sugar 59g, salt 0.30g

#### Easy Indian ice cream





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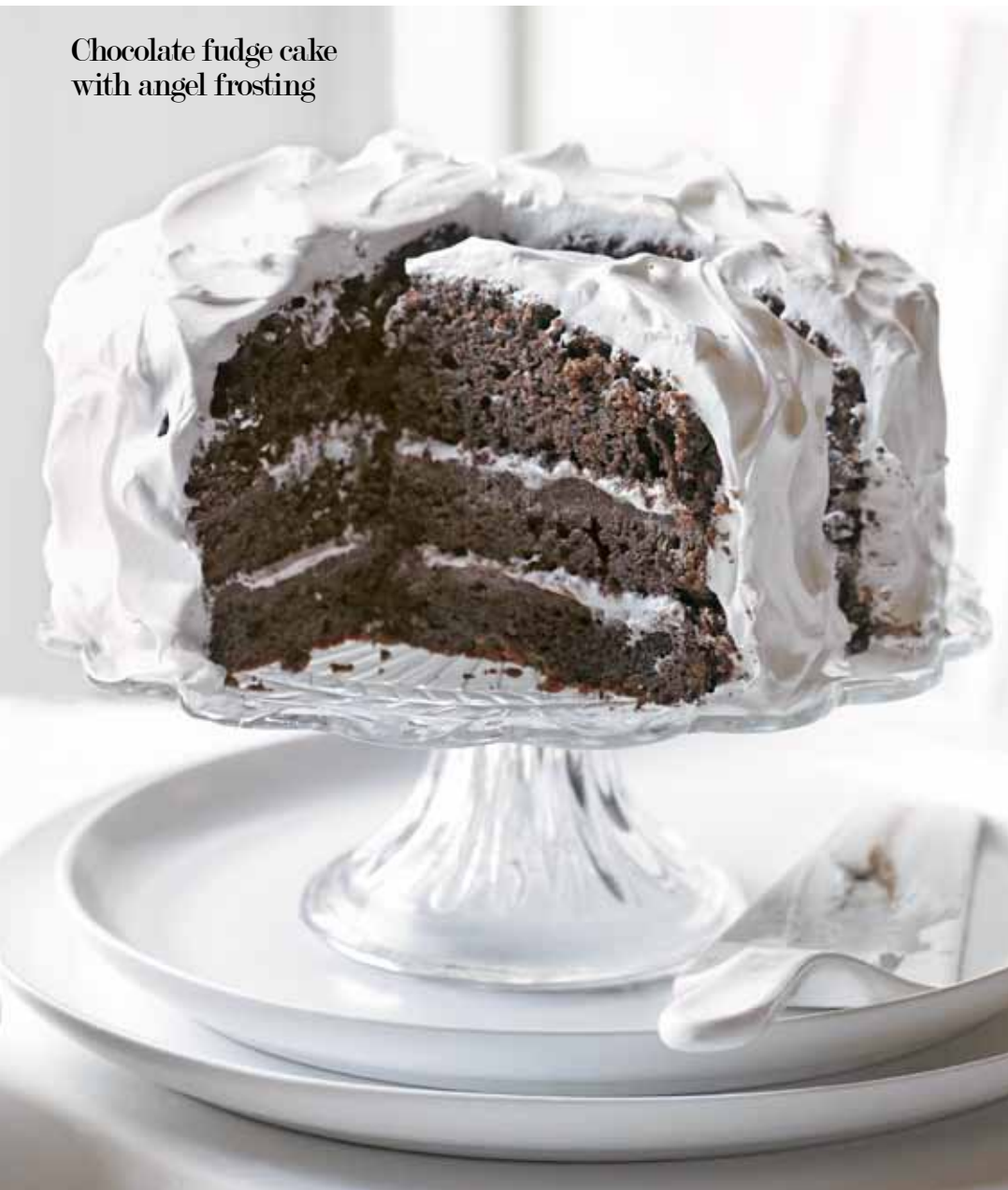
WEEKEND

# Bake a special treat

Inspired by BBC Two's Great British Bake Off – and all those expert tips – Sarah Cook creates five fabulous crowd-pleasers

PHOTOGRAPHS PHILIP WEBB

Chocolate fudge cake with angel frosting



## Chocolate fudge cake with angel frosting

SERVES 10 • PREP 1 HR • COOK 1 HR 45 MINS

For the confident cook  Can be frozen un-iced

250g/9oz dark chocolate, broken into chunks – standard supermarket chocolate is fine

300g/11oz self-raising flour

300g/11oz light, soft brown sugar, plus 2 tbsps

50g/2oz cocoa

200ml/7fl oz sunflower oil, plus a little extra for greasing

284ml soured cream

3 eggs

1 tsp vanilla essence

### FOR THE ANGEL FROSTING

500g/1lb 2oz white caster sugar

1 tsp vanilla extract

1 tbsp liquid glucose

2 egg whites

25g/1oz icing sugar, sifted

**1** Heat oven to 160C/fan 140C/gas 4 and grease and line a deep, 20cm round cake tin. Whizz the chocolate in a food processor until crumbs. Tip the flour, sugar, cocoa, oil, 150ml soured cream, eggs, vanilla and 150ml water into the largest mixing bowl you have. Whisk with an electric whisk until smooth, then quickly stir in 150g of your whizzed-up chocolate bits. Scrape into a tin, and bake on the middle shelf for 1 hr 20-1 hr 30 mins, or until a skewer inserted in the centre comes out clean. Cool in the tin.

**2** While the cake is baking, make the icing. Combine remaining chocolate bits and soured cream with 2 tbsps soft brown sugar in a small saucepan and heat, stirring, until the



chocolate is melted and you have a smooth icing. Leave to cool.

**3** When the cake is cool, slice it into 3 even layers. Spread 2 layers with chocolate icing.

**4** To make the angel frosting, put the sugar, vanilla and liquid glucose in a pan with 125ml water. Bring to the boil and cook just until the sugar has melted and the syrup turns clear. Take off the heat. Meanwhile, beat the egg whites until stiff, then continue beating,

gradually pouring in the hot sugar syrup in a steady stream, until the mixture is fluffy and thick enough to spread – this might take a few mins as the mixture cools. Beat in the icing sugar. Work quickly and spread a tiny bit over each chocolate-covered layer. Assemble cake and swirl remaining frosting over entire cake.

**PER SERVING** 849 kcal, protein 7g, carbs 132g, fat 35g, sat fat 11g, fibre 2g, sugar 107g, salt 0.47g

## Malt chocolate cheesecake

SERVES 10 • PREP 45 MINS PLUS 5 HRS CHILLING • COOK 10 MINS Easy

200g/7oz malted milk biscuits, crushed to crumbs  
100g/4oz salted butter, melted  
5 tbsp caster sugar  
2 x 300g tubs full-fat soft cheese (we used Philadelphia; if you use soft or cream cheese from a deli counter the cheesecake might not set)  
300ml pot double cream  
300g/11oz white chocolate, melted  
200g bar milk chocolate, melted  
2 tbsp malt or Horlicks powder  
37g bag white Maltesers

**1** Line base and sides of a deep, 22-23cm loose-bottomed round tin with baking parchment. Mix the biscuits,

melted butter and 2 tbsp of the sugar, then press into base. Chill while you make the filling.

**2** Divide cream cheese and cream evenly between 2 bowls. Add the white chocolate to one, and the milk chocolate, malt and remaining 3 tbsp sugar to the other. Beat each with an electric whisk until smooth. 3 Spread the milk chocolate mixture evenly in the tin. Wipe round the edge to give a smooth edge. Spoon the white chocolate mix over the top and gently smooth. Decorate with Maltesers and chill for at least 5 hrs until firm.

**PER SERVING** 782 kcal, protein 9g, carbs 53g, fat 60g, sat fat 33g, fibre 1g, sugar 46g, salt 1.01g



## Lemon kisses

MAKES ABOUT 20 • PREP 30 MINS

• COOK 8-12 MINS Easy Biscuits can be frozen unfilled and un-iced.

200g/7oz soft butter  
140g/5oz caster sugar  
1 egg yolk  
1 tsp vanilla extract  
zest 2 lemons, juice 1  
280g/10oz plain flour, plus a little extra for rolling  
½ jar good lemon curd (we used Tiptree)  
140g/5oz icing sugar, sifted

**1** Stir together the butter, sugar, egg yolk, vanilla and zest from 1 lemon using a wooden spoon. Stir in the flour – you might need to get your hands in at the end. Tip onto a floured surface, bring together into a smooth dough, then roll out, half at a time, and stamp out 5-6cm rounds. Keep re-rolling trimmings, you should get about 40 biscuits. Arrange on trays lined with baking parchment, cover with cling film and chill for 30 mins.

**2** Heat oven to 200C/180C fan/gas 6. Bake the biscuits for 8-12 mins until pale golden, then cool. Once cool, spread half the biscuits with a little lemon curd and top with a second biscuit. Arrange the biscuits on wire racks over trays. Mix enough lemon juice into the icing sugar to give a runny consistency, then drizzle over the biscuits. Scatter over a bit more lemon zest and leave to set.

**PER SERVING** 202 kcal, protein 1g, carbs 31g, fat 8g, sat fat 5g, fibre 1g, sugar 18g, salt 0.14g

## Coconut, raspberry & lime meringue slice

SERVES 8 • PREP 45 MINS PLUS COOLING •

COOK 1 HR **Moderately easy** Meringue can be frozen unfilled

5 egg whites  
280g/10oz caster sugar  
2 tsp cornflour  
2 tsp white wine vinegar  
85g/3oz desiccated coconut  
little flaked coconut  
300ml double cream  
50g/2oz icing sugar  
zest and juice 2 limes  
200g/7oz raspberries, defrosted if frozen

**1** Heat oven to 140C/120C fan/gas 1. Line baking sheets with baking parchment and draw 3 rectangles, roughly 25cm x 12cm. Whisk whites to stiff. Gradually whisk in sugar to stiff again, then whisk in the cornflour and vinegar. Fold in the desiccated coconut and pipe, or spread, the meringue mix into 3 even rectangles. Scatter flaked coconut over one of the meringues and bake for 1 hr, then turn off oven and leave in there with the door shut for 1 hr. Leave to cool.

**2** Whisk cream, icing sugar and lime zest and juice to a thick consistency. Spread half over one meringue base (not the one with flaked coconut on top – save that for the top), and scatter over half the raspberries. Sit second meringue base on top, spread with remaining cream and scatter with remaining raspberries. Top with coconut-covered meringue and serve.

**PER SERVING** 434 kcs, protein 3g, carbs 46g, fat 27g, sat fat 17g, fibre 2g, sugar 45g, salt 0.15g





**Top tips for light-as-air soufflés**

Paul Hollywood said: 'There's no second chances when it comes to soufflés. However, I think I've come up with one! This recipe makes five, so if you're catering for four you've factored in an essential tester, too. • Fold the mixture carefully but thoroughly, so you don't get any eggy bits, and don't forget to scrape the tops before you pop them in the oven – this is really important for the rise. • I always have a tray, the sauce and spoons at the ready too, so I can lift them straight from the oven to the tray and carry them all to the table in one go.'

**Caramel soufflés with caramel sauce**

MAKES 5 – SERVES 4, IF YOU LIKE • PREP 30 MINS PLUS COOLING • COOK 25-30 MINS

**Moderately easy** 

100g/4oz unsalted butter, plus extra for greasing  
 200g/7oz light, soft brown sugar, plus 4 tbsp extra  
 200ml/7fl oz whipping cream  
 1 tsp vanilla extract  
 2 egg yolks  
 1 tbsp plain flour  
 3 egg whites

**1** Heat oven to 200C/180C fan/gas 6. Butter 5 x 150ml individual soufflé dishes or ramekins and sprinkle all over with 2 tbsp soft brown sugar. Place on a baking sheet. Melt the butter in a saucepan, then add sugar, cream, vanilla and a good pinch salt. When sugar is melted, bubble for 1 min until it looks like a sauce. Pour 200ml into a jug for serving.

**2** Stir egg yolks and flour into remaining caramel in the saucepan. Whisk constantly over medium heat until mixture thickens, about 3 mins. Sieve into a bowl and cool for 15 mins. Beat egg whites in large bowl until foamy, then gradually beat in remaining 2 tbsp sugar until whites are stiff but not dry. Fold one-third of whites into caramel mixture in the pan, then fold that back into the whites. Divide among dishes, and use a palette knife to scrape top level. Bake until soufflés are puffed and golden – about 11 mins. The soufflés should still be a little unset in the middle, but not runny, so if you're serving four, break into your tester to check. Return the rest to oven for 2 mins if underdone. Serve immediately with caramel sauce, warmed a little while soufflés are baking.

**PER SERVING** 545 kcal, protein 4g, carbs 6g, fat 35g, sat fat 21g, fibre 1g, sugar 54g, salt 0.49g

Saucy soufflés



# Gordon Ramsay's MASTERCLASS

Follow Gordon's steps for a sensational roast duck dinner PHOTOGRAPHS MYLES NEW

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## Spiced slow-roast duck & apple sauce

SERVES 2 EASILY DOUBLED • PREP 30 MINS

• COOK ABOUT 2 HRS 40 MINS **Moderately easy**

*To get a double hit of apple into my sauce, I simmer sharp cooking apples in sweet apple juice.*

### FOR THE DUCK

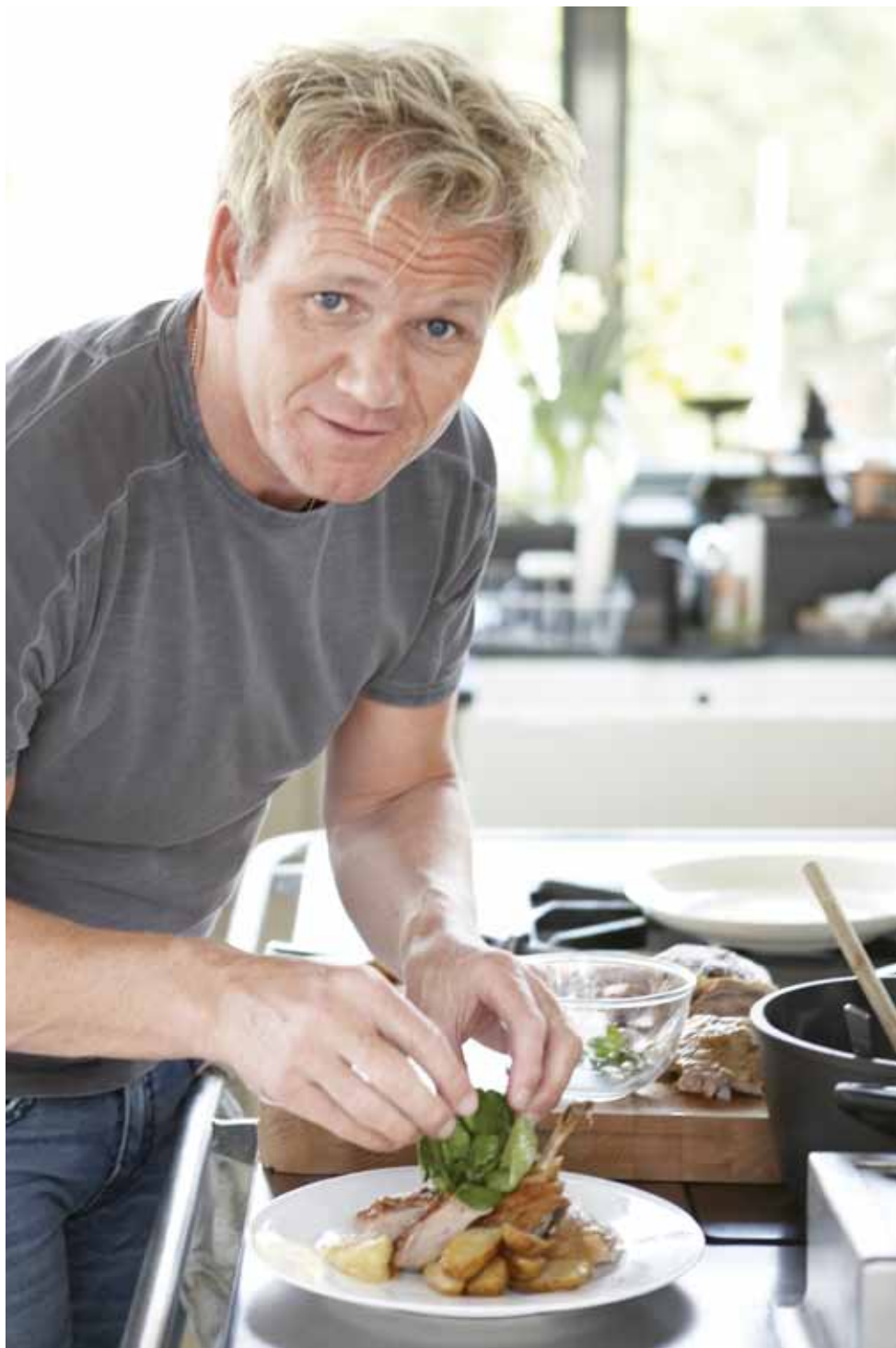
- 1 duck, about 1.5kg (see My tips for success, over the page)
- 1 tsp sunflower oil
- 1 lemon, halved
- 1 cinnamon stick
- 1 star anise
- 2 garlic cloves, smashed
- 500g small potatoes, such as ratte
- a few watercress sprigs, to serve

### FOR THE APPLE SAUCE

- 3 Bramley apples
- 25g butter
- 1 star anise
- pinch of cinnamon, plus ½ cinnamon stick

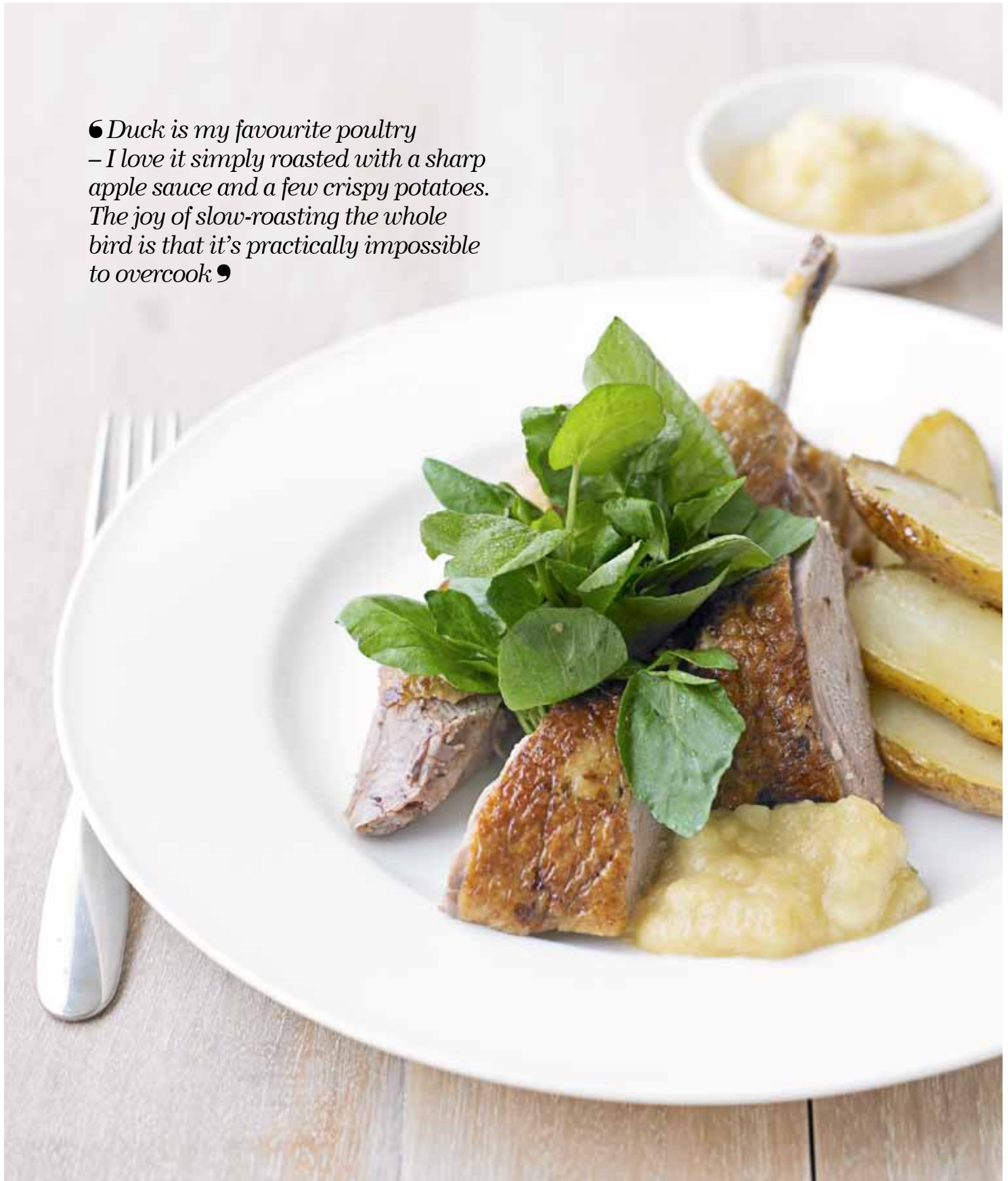
150ml apple juice

**PER SERVING** 1,159 kcal, protein 50g, carbs 76g, fat 75g, sat fat 24g, fibre 8g, sugar 36g, salt 2.08g





“Duck is my favourite poultry  
– I love it simply roasted with a sharp  
apple sauce and a few crispy potatoes.  
The joy of slow-roasting the whole  
bird is that it’s practically impossible  
to overcook”



# CHEF'S BITES

## GORDON RAMSAY



**1** Heat oven to 140C/120C fan/gas 1. Remove any giblets and pull the excess fat from the duck's cavity. Use a roasting fork or skewer to prick the skin of the duck all over – do this lightly as you don't want to pierce the meat.



**2** Season generously inside, rub the skin with a little oil and season with salt and pepper. Stuff the cavity with the lemon halves, cinnamon, star anise and garlic. Sit the duck in a roomy roasting tin (you will be adding potatoes to the tin later). Roast the duck for 2 hrs, pricking again every now and then. Meanwhile, boil the potatoes for 10 mins until just cooked.



**3** Remove the duck from the oven and increase the heat to 220C/200C fan/gas 7. Place the duck on a board and pour off half the fat from the tin. Toss the potatoes in the tin so they are completely coated in the juices, then push them to the side of the tin. Sit the duck back in and give it a final 20-30 mins in the oven to crisp up.



**4** Meanwhile, make the apple sauce. Peel and finely slice the apples, discarding the core. Melt the butter in a pan until sizzling, add the apples and spices, then stir to coat.



**5** Pour in 100ml apple juice, cover and simmer for 10 mins, stirring occasionally. Add a splash more juice if the apples are becoming a bit dry. Cook until the apples have collapsed into a fluffy sauce.



**6** Remove the duck from the oven to a board to rest, then place the potatoes back into the oven for 20 mins to crisp up. When the duck has rested and the potatoes are brown, you are ready to carve and plate up.



## HOW TO CARVE YOUR DUCK NEATLY

## Secrets from Gordon's kitchen



**1** When the duck is well rested and cool enough to handle, cut down between the thigh and body, then pop the thigh bone out of the socket and cut the whole leg away.



**2** Cut down either side of the breastbone, pulling the meat away from the carcass with your fingers until you get to the wing bone, then cut through the socket.



**3** Cut the drumsticks away from the thighs where they join at the bend.



**4** Carve each breast into 4-5 thick slices.

## PLATE UP LIKE A PROFESSIONAL



**1** Lean a piece of drumstick against a piece of thigh so it sticks up in the air.



**2** Fan out the slices of breast on the opposite side of the plate.



**3** Place a small pile of potatoes, halved if large, next to the duck.



**4** Spoon a blob of sauce on one side and tuck a sprig of watercress into the middle of the plate.

## MY TIPS FOR SUCCESS

- Duck is a naturally fatty meat, but by slow-roasting it, most of the fat is rendered out while basting the meat, keeping it succulent. So even though it may seem like the duck is in the oven for a long time, it is essential if you want it lean with crisp skin.
- My favourite breed of duck is Gressingham. It is a farmed variety, but derives from the wild mallard, so it has a hint of

gaminess to it.

- It can be tricky to judge how many portions you will get from a duck. A large duck just about serves 4 (with a starter or dessert) and a small duck serves 2 rather generously. As this recipe is on the hearty side, I've opted for the generous serving, with enough for seconds. But if this is being served with other courses, or your guests don't

have big appetites, then it will stretch to 4, giving each person a couple of slices of breast and either a piece of leg or thigh.

- The duck fat you are left with makes a delicious alternative to oil for roasting or frying vegetables. Strain into a clean container with a lid and it will keep in the fridge for up to a month.
- I think the meal is complete

as I have served it, but I know some people like gravy. To make a simple 'jus' to go with the dish, scoop the potatoes into a serving dish and pour all the fat out of the roasting tin. Place the tin on the heat and simmer down 3 tbsp of red wine vinegar. Add 200ml of chicken stock, simmer, season to taste and strain into a sauce dish.



# Salt & pepper squid

Crisp, spicy coating and hot, tender squid make an irresistible combination – serve this as a starter or with other dishes as a main course

**BARNEY DESMAZERY**  
FOOD EDITOR

## Salt & pepper squid

SERVES 4 AS A STARTER OR AS A MAIN

ALONGSIDE OTHER DISHES ●

PREP 20 MINS ● COOK 5 MINS

**Moderately easy**

85g/3oz cornflour  
85g/3oz plain flour  
2 tsp black pepper, cracked  
2 tsp ground Szechuan peppercorns, roughly crushed  
sunflower or vegetable oil, for frying  
400g/14oz squid, cleaned and cut into strips (see tips, below)  
finely sliced spring onion and green chilli, to serve

### FOR THE DIPPING SAUCE

1 red chilli, finely chopped  
½ cucumber, finely diced  
1 small red onion, finely chopped  
100ml/4fl oz white vinegar  
1 tbsp caster sugar  
2 tsp fish sauce

## RESTAURANT TIPS

• This dish does require last-minute deep frying, but you can prepare everything else ahead. Take your cue from a restaurant kitchen and have the dip made, the flours mixed, the squid prepped and the garnish ready a good few hours in advance. Then when it comes to cooking, you just need to heat up the oil.

**1** To make the dipping sauce, mix all the ingredients in a small bowl until the sugar has dissolved, then set aside. Mix the cornflour and plain flour with both peppers and 2 tsp sea salt in a large bowl, then set aside. Line a tray with kitchen paper and make sure you have more salt to sprinkle with.

**2** Heat about 7cm of oil to 180C in a deep fryer, wok or deep pan. If you don't have a thermometer, you can test it with a cube of bread – it should brown in 20 secs. Coat the squid well with the flour mix and fry in batches for about 2 mins each or until crisp. Use a slotted spoon to lift out the squid, then drain on the kitchen paper and sprinkle with a little more salt. Serve the squid scattered with the spring onion and chilli, with the dipping sauce on the side.

**PER SERVING** 380 kcals, protein 20g, carbs 48g, fat 14g, sat fat 2g, fibre 1g, sugar 7g, salt 3.29g

• When buying the squid for this recipe, ask your fishmonger for whole squid that has been completely cleaned. You will then be given the tentacles, which you leave whole, and the main tube. Cut open the tube so that you have a flat sheet (A), then cut this into finger-thick slices (B). You can buy frozen squid or rings, but fresh is best for flavour and texture.







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WEEKEND

# Make a rustic country loaf

Cooking  
for pleasure



Fill the house with the aroma of freshly baked bread with Emma Lewis's delicious artisan-style loaf PHOTOGRAPHS DAVID MUNNS

## Homemade country loaf

CUTS INTO 10 SLICES • PREP 20 MINS  
PLUS OVERNIGHT RESTING AND 2 HRS  
RISING • COOK 45 MINS **Moderately easy**

### FOR THE STARTER

225g/8oz strong white bread flour  
1 tsp fast-action dried yeast

### FOR THE BREAD

500g/1lb 2oz strong white bread flour,  
plus extra for kneading and dusting  
2 tsp fast-action dried yeast  
2 tsp salt  
75ml/2½fl oz plain yogurt  
oil, for greasing

**1** First, make the starter. Tip the flour and yeast into a bowl. Pour over 200ml warm water, use a wooden spoon to mix together, then cover the bowl with a piece of oiled cling film. Leave in the fridge overnight, after which the dough should look fairly frothy and bubbly, with a sweet yeasty smell (a).

**2** Now make the bread. Tip the flour into a bowl along with the yeast and salt. Pour 150ml warm water and the yogurt into the starter mixture, stir until well combined, then pour this into the bowl with the flour. Use a spoon to bring the mixture together into a ball – this will take a couple of mins as the flour needs to absorb the water. Add another 50ml water if the dough feels tight.

**3** Tip out the dough onto a surface lightly dusted with flour. Push down and away, using the heel of your hand to stretch out the dough, then fold the outside edge back over itself to make a

ball again. Twist the dough round a bit and start again. Keep kneading like this for about 10 mins, depending on how vigorous you are (b). When it's ready, the dough should feel slightly springy when touched and have a smooth surface when shaped into a ball. Alternatively, you can knead the dough for about 5 mins in a table-top mixer or food processor with a dough attachment.

**4** Lightly oil a large bowl and place the dough inside. Oil a piece of cling film, lay this loosely over the top, then leave in a warm, draught-free place until nearly trebled in size – this can take from 45 mins to about 1½ hrs (c). Remove the cling film and punch down the airy dough with your hand. Tip out onto your floured surface, knead a couple of times until smooth and the air has been knocked out, then lightly oil a large baking sheet. Shape the dough into a round ball and place on the sheet. Re-cover with the oiled piece of cling film and leave until doubled in size, about 1 hr.

**5** Heat oven to 230C/210C fan/gas 8. Place a roasting tin on the bottom shelf of the oven and carefully half-fill with boiling water from the kettle. Leave in the oven for 10 mins so it gets steamy. If your dough has spread, gently tuck the ends under to make a neat ball, then use a sharp knife to make a few slashes across the bread before lightly dusting with flour (d). Place the baking sheet on the top shelf of the oven and bake for 20 mins. Turn the heat down to 220C/200C fan/gas 7, bake for 25 mins more, then

**TIP** Kneading by hand is easy, but if you often bake bread, it's worth investing in a dough attachment for your food processor.

Most bakers have different techniques – you just need to make sure the dough gets bashed about a bit. This will help to develop the gluten, which gives your bread an authentic texture.



take out of the oven. Tap the bottom of the loaf – it should sound hollow. Return to the oven for another 10 mins if not. Leave to cool on a wire rack. Great with a bowl of soup, as a chunky sandwich or, best of all, lightly toasted with some butter and jam.

**PER SLICE** 265 kcals, protein 9g, carbs 56g, fat 2g, sat fat none, fibre 2g, sugar 2g, salt 1.02g



“I love making bread but have never had much success with sourdough. So I’ve developed this version, adding a bit of regular yeast to the flour, then letting it bubble overnight. This gives you an authentic tang without the hassle of feeding the dough and worrying about whether it has fermented too much”





# CHEF SKILLS

## Preparing artichoke hearts

Chef Jun Tanaka shows how to prepare this seasonal veg then makes a summery salad

RECIPES **JUN TANAKA** PHOTOGRAPHS **DAVID MUNNS**

### Shaved artichoke with tomatoes, anchovy and olive dressing

1 HOUR 5 MINUTES • SERVES 4

● **A little effort**

globe artichokes 4 medium, prepared  
as opposite  
red chicory 2 heads, separated into leaves  
wild rocket a handful  
pecorino 50g

#### DRIED TOMATOES

cherry tomatoes 12, cut in half  
thyme leaves 1 tsp  
garlic 1 clove, finely sliced  
olive oil

#### ANCHOVY AND OLIVE DRESSING

pitted black olives 50g  
capers 20g  
garlic 1/2 clove  
anchovy fillets 5  
white wine vinegar 2 tbsp  
extra-virgin olive oil

**1** Heat the oven to 120C/fan 100C/gas 1/2. To make the dried tomatoes, put the tomatoes on a non-stick baking tray, sprinkle with the thyme, garlic and a pinch of sugar. Season and drizzle over with 3 tbsp olive oil. Cook in the oven for 1 hour.

**2** To make the dressing, put all the ingredients in a blender with 5 tbsp oil and blitz for 2 minutes. Put the sliced artichoke in a bowl and coat with some of the dressing.

**3** Build up the salad on each plate with the chicory, rocket, tomatoes, artichoke and shavings of pecorino. Drizzle over more dressing to serve.

**PER SERVING** 322 kcals, protein 9.1g, carbs 6.6g, fat 28.9g, sat fat 6.1g, fibre 1.4g salt 2.61g



Jun Tanaka began his culinary career at 19, working with the Roux Family at Le Gavroche, and has since worked with the likes of Nico Ladenis, Eric Chavot and Marco Pierre White. Jun has been the head chef of Pearl Restaurant and Bar, the showpiece of the Renaissance London Chancery Court Hotel in Holborn since 2004, and is a regular on BBC One's Saturday Kitchen and BBC Two's Something for the Weekend.





**1** Pull the stalk away from the base of the artichoke – this will pull out some of the inedible fibres with it.



**2** Start to remove the outer leaves, working from the bottom up.



**3** Keep going until you have removed nearly all of the outer leaves.



**4** Using a small paring knife, start to trim back the bottom of the artichoke.



**5** Keep trimming until the artichoke heart is exposed.



**6** Put the artichoke on its side and cut away the rest of the top leaves with a heavy knife.



**7** Trim the remaining leaves back until you are left with the little disc-shaped heart.



**8** Use a teaspoon to scoop the fibres from the middle of the heart.



**9** Slice the artichoke as thinly as possible, keeping the slices in acidulated water (water with a squeeze of lemon juice) to stop it from discolouring.

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# The last bite



We share a last bite of maamoul with acclaimed pastry chef, Middle East dessert consultant and recipe book author *Aaron Maree*

## What is your first food memory?

Sunday lunches at our Aunt's beach side hotel in Tasmania. As young as I can remember my mother and father would help run the kitchen and serve in the restaurant. My sister and I would explore the property, the walnut trees and the beach and then eat the most amazing food. Fruit trifle and roast lamb swimming in mint sauce.

## What inspired you to become a chef?

At the age of thirteen I saw a photo of French chef Yves Thuries in a magazine standing beside a buffet of his dessert creations. He looked so regal, tall and inspiring, I just wanted to be like him. And so I started work in a restaurant at 13 and have been cooking now for 30 years.

## What led you to live and work in the Middle East?

I was invited to come to the Middle East in 2005 and just simply fell in love with the lifestyle, culture and food. Just the creativity and imagination that was visible throughout the region from 2005 to 2009 in the construction industry made you want to be creative in the way you saw everything, especially in food design.

## Why have you settled in Bahrain?

As a Middle East Dessert Consultant I travel far and wide across the Middle East working for franchise owners, cooking schools, hotels and varying pastry shops from Morocco to Dubai, Abu Dhabi to Kuwait. When I first worked in Bahrain I just found it an amazing place to settle and call home, it's an oasis and a hub for travel to almost anywhere.

## Can you tell me about your latest cookbook?

The work that I do is to try and inspire others to change the way they see the food industry. It's not just a job where you cook for eight hours and go home. It can actually be anything you want it to be. I work with a team who help me develop the new dishes and I wanted to show them that the industry is more than one dimensional. To prove it to them, we started with a title, *Arabian Dreams*, and then developed and perfected fifty recipes and designed the dishes, photographed everything ourselves and published the book. It went on to win two International awards being voted one of the top 57 cookbooks in the world for 2010 and Best Arabic Title Cookbook in the world in March 2011 in Paris.

## What are your favourite ingredients to work with, and why?

I love saffron, orange blossom water, rose water and star anise. Its nice to flavour dishes with natural flavours and do it subtly so that people take their time over every forkful of dessert to try and think about what the taste is. I love working without alcohol because it makes you rethink the flavour spectrum of dessert dishes. I think many recipes in the West are weak recipes supported by alcoholic content. I want my dishes to stand out for themselves and make you think about the flavours, spices and aromas used in them.

## What is your most memorable meal in the Middle East?

I've had so many it would be unfair to pick just one. But if you push me, I'd say the most memorable meal was a simple traditional mixed grill, flat breads and mezzeh, I enjoyed on board a river boat on the Nile in Cairo. It was location, atmosphere, company and every part of the experience was perfection. The beauty of Middle Eastern diversity though would also have me tell you that I adore the food at Asado, an Argentinian restaurant in Dubai, it also has location, atmosphere and supremely delicious food. All the requirements of a memorable meal.

## For Ramadan, what dishes are you particularly looking forward to as part of the Iftar feast?

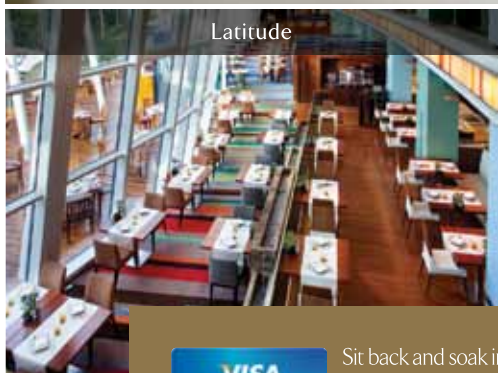
I love good Lugaimot and Assalia. When I first came to the Middle East I found them to be just sweet balls of fried dough. I look forward to Ramadan every year as we make it on a daily basis and with the recipes that we have created for them, which are also in *Arabian Dreams*, they have been elevated to tasty morsels with flavour, texture and deliciousness.





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